



# The Niles Bugle

50 CENTS  
PER COPY

7400 WAUKEGAN RD, NILES, IL 60714

THURSDAY, SEPTEMBER 6, 2001

VOL. 45, NO. 11

by Bud Besser

Funeral eulogies often make saints of those whose lives, having many bumps and valleys, were undeserving of the accolades which were spoken at this final oration. But at former Niles Zoning Board chairman's Jack Frick's funeral Saturday morning the goodness of the man had no need for hyperbole.

Terry Frick, Jack's only child, spoke vividly of Jack's goodness and enthusiasms and his pursuit of life. Terry said his Dad was his friend, was a character, had a great curiosity and had the great gift of friendship. He said Jack was a complex man who was intelligent, driven and insightful. He pursued life with vigor and kept his important commitments. Jack loved the outdoors - hiking, canoeing and sailing - and was curious to the end of his life.

Jack moved to Niles in 1955 and fell in love with the community. He served on the zoning board for 35 years, most of the years as its chairman. He served during Niles prime years of expansion and growth.

Jack also fell in love with his work where he stayed for 59 years at Lumberman's Credit Association. He rose to vice president and served on its board of directors. Into his mid-eighties, Jack continued

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## Niles dispatchers not guaranteed jobs

by Lisa Ashkenaz Croke

Earlier assurances that Niles' eight 911 dispatchers could continue to work within the village if they chose not to transfer a local consolidated 911 dispatch center failed to mention two crucial points: village positions could come with a salary freeze, and workers have to pass a qualifying test for the transfer.

Board trustees recently approved a measure allowing the village to join the Des Plaines/Park Ridge Emergency Communications Center. Once finalized the Niles Police Department's 911 telecommunications department will effectively relocate to the center in Des Plaines.

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## New Chamber publication to be released

The Niles Chamber of Commerce & Industry is pleased and excited to announce that Village Profile™ has been selected to produce our first *Color Pictorial Map Jacket*.

This publication will undoubtedly become a collectors edition for our Chamber and referenced for many years to come. This formidable marketing tool for your company will be a full-color, high-tech profile, which will accompany our existing Niles Map. As a Chamber member, you will have an excellent opportunity to

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State's Attorney says gas company owes customers interest; focus is on budgeted homeowners' bills

## Suit seeks customer interest from NICOR

by Anna-Marie Messina

A recent press release by Cook County State's Attorney Richard A. Devine's Office, revealed testimony has been filed with the Illinois Commerce Commission opposing NICOR's interest charges imposed on budget billing customers.

NICOR spokesperson Craig Whyt said over 500,000 or approximately 1/3 of NICOR's resident customer base participate in a budget payment program.

NICOR's budget billing program helps their customers pay for gas heat usage that rises during winter months by fixing a manageable monthly rate. Due to last winter's extreme temperatures, and gas prices rising beyond record, this fixed rate also absorbed the increases.

Costs to operate the plan are paid solely by those customers using it, rather than by incorporating them into the service rates paid by all customers.

However, Marie Spicuzza, Deputy Supervisor of the Environment and Energy Division of the State's Attorney's Office,

said that under the State of Illinois Public Utilities Act and the Illinois Commerce Com-

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## September events at Niles Library

**Library Hosts an Afternoon of Family Fun.** Mark your calendar - Niles Public Library District's annual Super Sunday celebration is Sunday, September 9. Come to the Library for an afternoon of family fun, food and celebration as we kick off another season of wonderful programs and special events at Niles Public Library District.

Beginning at 1:30 p.m. in front of the Library, the Vietnam Veterans of America, Chapter 311, will re-dedicate the memorial benches donated to the Library in honor of America's Veterans during a special ceremony. The public is invited to attend. Registration is not required.

Back by popular demand, folk singer/storyteller Mark Dvorak will entertain audiences of all ages with music from his award-winning recording "Old Songs & New Places" at 2 p.m. in the Library's Large Meeting Room.

Performing on acoustic guitar, 5-string banjo and jaw harp, Dvorak will have you singing along - no matter how old you are - to the true joy and innocence of folk music. A native of Chicago, Dvo-

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## Niles welcomes new policemen



The Niles Police Department would like to welcome aboard Fotis Markadas, Joseph Romano and Steven Zourkas, three new Officers who just graduated from the Chicago Police Training Academy on Thursday August 23, 2001. Upon successful completion of the 15 week academy the three Officers were certified by the Illinois Training and Standards Board as Police Officers in the State of Illinois. Officer Joseph Romano was presented with the Outstanding Recruit Award, voted by his fellow classmates, for the recruit that demonstrates outstanding leadership, fellowship and academic achievement.

Pictured from left to right is Joseph Romano, Steven Zourkas and Fotis Markadas.

## Lindquist-Delort wedding

Carl and Charlotte Lindquist of Niles are happy to announce the marriage of their daughter, Christina, to Jeffrey Delort, son of Frank and Helen Delort of Morton Grove.

The wedding took place at St. John Brebeuf Church on March 24. Father Norbert Delort and Father Tom May, pastor at St. John Brebeuf, concelebrated the ceremony. A wedding reception for 250 guests was held at Grazie Restaurant and Banquet Hall in Des Plaines.

Jeff, who is employed by American Eagle Airlines, was recently promoted to captain. Christie is manager of Amlings Flowerland in Park Ridge.



Lindquist-Delort

The couple honeymooned in Hawaii and resides in Schaumburg.



The Bugle's community job listings can be found on  
<http://www.ChicagoMetroJobs.com>



## Letter to the Editor

### Time for another Boston Tea party?

Have you noticed how the gas prices have risen daily? During the month of August, there was a refinery fire in Lemont, IL. At that time, the cause was unknown. Officials at the refinery said this fire would only affect the small, independent gas stations, not the major stations. The small independent station owners are now scurrying around to find another source to fill their tanks. This refinery in Lemont produced regular gas with the state of Illinois Emission and Pollution Controls.

Three weeks ago I purchased gas in Itasca, IL., at \$1.19 a gallon. Last week I purchased gas in Niles at \$1.47 a gallon for my truck. Just two days ago, I paid \$1.74 a gallon for my wife's car...cost \$19.50 to fill 3/4 of her tank. As I paid the owner of the station the \$19.50, he laughed and said, "1950 was a good year." We both agreed. I added that gas was about \$.30 a gallon back in 1950. The owner then commented that I was lucky to have come in when I did. He was getting ready to go outside and change his gas prices. As I drove by the station the very next day, the price was raised to \$1.97 a gallon...an increase of \$.23 a gallon in less than 24 hours.

Mayor Blaze (sic) took the time to erect a sign on the corner of Milwaukee and Howard,

indicating his dissatisfaction with the AT&T cell phone tower. I also remember how vocal he was with the contractor with the Milwaukee and Dempster overpass project looked like it would not be completed on time. The point is did or have you seen our mayor speaking out trying to do anything about the gas or natural gas prices?

The gas manufacturers claimed that the increases were due to the upcoming Labor Day weekend. Our one daughter lives in Aurora, IL. Aurora stations' prices have been \$1.95-\$2.05-\$2.10. Gas in Wisconsin has been the same. How can this particular fire in Lemont cause all the gas stations to raise their prices...even out of state...what gives?

Are we a nation of sheep or do we need to have another Boston Tea Party for gas stations? Senator Dudyicz is the only politician who seems to be concerned and speaking out on this matter.

I passed a Mobile Oil truck on the highway a couple of days ago. On the side of his tanker was a sign that read, "How Can We Help You?"...lower your prices would be my response, but he's just the truck driver. Does anyone care?...is anyone listening to us?.....

Bob Reis, Niles

## Great Clips now making waves in Niles

Great Clips, one of the country's fastest growing hair-care franchises is now cutting its way to Niles.

Homs Enterprises, franchisee of Great Clips is pleased to announce the recent opening of their new salon in Pointe Plaza at 5624 Touhy Ave. in Niles.

This salon is the seventy-third in the Great Clips Chicago market and one of over 1,500 in the Great Clips system. The successful Minneapolis, MN - based company expects to have almost 1,600 units by year-end.

The hours of operation for the new salon are Mon - Fri, 9 a.m. - 9 p.m.; Sat 9 a.m. - 6 p.m.; Sun. 12 - 5 p.m. For more information, call (847) 588-0361.

## Country ranks highest with Illinois policyholders

Country Insurance & Financial Services earned the No. 1 place with the lowest ratio of complaints among all Illinois auto, home and life insurance companies ranked, according to a recently-released report.

The rankings were based on consumer complaints for the year 2000 received by the Illinois Department of Insurance.

In the last 10 years, Country received the best ranking among Illinois home insurers nine times. This is the third consecutive year Country has received the top distinction among auto insurers.

## Latin lives

No one studies Latin anymore because it's a "dead" language, right? Wrong.

After plummeting enrollment in the late 1960's, U.S. high schools are seeing a resurgence in the study of Latin, with enrollment in some schools doubling since 1980. Now even elementary and middle schools offer Latin.

What has prompted this renaissance? It is the knowledge that Latin serves as a foundation for improved English skills, as well as a basis for learning other modern languages.

Another boost to enrollment is a change in the way the language is being taught. Students who use to spend all their class time memorizing the ablative case and the subjunctive mood are now also learning about the daily lives of the ancient Romans and learning to interpret classic texts.

Perhaps more compelling is a growing body of research which shows that studying Latin improves students' problem-solving ability, vocabulary and college entrance exam scores.

For example, in one study of sixth-graders who studied Latin for 30 minutes a day for five months showed the students advanced nine months in their math problem-solving abilities. Another group of fourth, fifth and sixth-graders who studied Latin a mere 15 to 20 minutes a day for a year performed a full year higher on standardized vocabulary tests than their peers who had not. Similarly, students who studied Latin in high school consistently score higher on the verbal portion of the SAT college entrance exam.

Sports are a great way for girls and boys to develop self-esteem, leadership, and an active, healthy lifestyle. But the pressure to be leaner, faster, and stronger may tempt athletic teens to use performance-enhancing drugs and supplements.

Steroids and supplements may boost performance, but they can damage health - or even cause death. Even harmless-sounding protein powders can have serious long-term effects. Most studies are based on adult users, so little is known about how these products affect teen growth.

If you're a parent, talk to your young athlete about healthy ways to improve performance and the risks of using drugs and other products for a quick - but potentially dangerous - boost.

### Anabolic Steroids

Anabolic steroids are hormones that affect body growth and metabolism. Doctors prescribe them to treat certain types of anemia or delayed sexual development in boys. Anabolic steroids also increase muscle strength and performance, which is why they tempt athletes. A recent study found that 3.5 percent of tenth graders have tried steroids illegally, that is, without a prescription.

The known side effects of anabolic steroids include health risks that are particularly troubling for young bodies. They can cause acne, enlarged breasts in boys, irritability, baldness, and headaches. Abuse of anabolic steroids has also been associated with jaundice, heart attacks, strokes, high blood pressure, high cholesterol, and infertility. Even short-term use increases the risk of permanent liver problems such as cancer.

Aspiring basketball pros, beware: anabolic steroids can stunt

your growth. Studies show that steroids shut down the final growth spurts of adolescents.

Using injectable steroids can mean shared needles and contamination. This puts your child at risk for diseases such as AIDS and hepatitis. And because steroids sold to teens are often smuggled into the U.S. or synthesized in illegal laboratories, they may contain dangerous impurities.

### Beware of Supplements

You've convinced your child to avoid steroid drugs, but what about supplements?

Many dietary supplements promise to improve athletic performance. Some contain testosterone-precursor chemicals such as androstenedione or dehydroepiandrosterone (DHEA). Others boast herbs that promise to speed up metabolism, such as ma huang and guarana, or ingredients to make muscle cells work harder, such as creatine or proteins.

Since the U.S. Food and Drug Administration (FDA) does not regulate dietary supplements, manufacturers may make unproven claims about their products. There's little scientific proof that any supplement can help you run faster, bulk up your muscles, or otherwise improve your appearance or athletic performance.

Teenagers should avoid testosterone-boosting ingredients such as androstenedione and DHEA, since they can interfere with normal growth and development. These supplements can cause serious and sometimes permanent side effects including acne, hair loss, voice deepening, and kidney or liver damage. While androstenedione is legally sold in the United States, it is banned from use at most amateur and professional athletic events.

Herbal metabolism boosters can be dangerous when used for

## Teens, sports, and steroids

more than a few days or at doses higher than recommended on the package. Ma huang can cause fast and irregular heartbeats, high blood pressure, chest pain, nervousness, tremor, and trouble sleeping. Some reports have linked ma huang use to heart attacks, strokes, seizures, and death. Guarana and other herbal sources of caffeine can also cause fast heartbeats and anxiety.

Creatine is a popular supplement that appears relatively safe when used as directed on most product packages. It may increase lean body mass and improve performance in sprinting, weightlifting, and similar exer-

cises. Creatine supplements appear to have no effect on endurance. And the added "lean" mass may actually be water, not muscle. Doses greater than 2 grams per day provide no benefit over lower doses and are more likely to damage the kidneys.

Protein shakes and powders are promoted for building muscle mass. Short-term use of protein supplements appears safe, but they have not been evaluated for long-term safety or effectiveness. Too much protein can cause serious kidney problems.

**Boost Performance Naturally**  
Supplements are no substitute for a good diet and a rigorous

training program - for any sport.

If your teenager wants to take a supplement, help him first examine his diet. A healthy, well-balanced diet contains all the necessary protein, calorie, vitamin, and mineral requirements. Consult a doctor or a registered dietitian if your teen needs help in changing his diet or to discuss supplement use. The doctor or dietitian can recommend dietary adjustments and determine whether supplements would be beneficial and safe based on your teen's medical history.

**USE THE BUGLE**

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## LEGAL NOTICE

### VILLAGE OF NILES

#### FOR SALE

The Village of Niles is offering for sale, by sealed bid, used vehicles as listed below. These vehicles may be inspected at the Village of Niles Maintenance Garage, 6859 West Touhy Avenue, Niles, Illinois.

Vehicles may be seen weekdays only, between the hours of 9:00 AM and 2:00 PM. From Tuesday, September 4th through Tuesday, September 25th. To make an appointment, or for information on the vehicles, please call the Niles Fleet Manager at 847-588-7961.

- One 1988 GMC Vandura, Mileage 46,561
- One 1989 GMC 1-Ton Dump Truck, Mileage 54,675
- One 1989 Oldsmobile 4-dr. sedan, Mileage 69,664
- One 1990 Oldsmobile 4-dr. sedan, Mileage 76,242

Sealed bids will be accepted until 12:00 Noon, Wednesday, September 26, 2001, at Niles Village Hall, 1000 Civic Center Drive, Niles, Illinois. Bids will be opened at 12:00 Noon, Wednesday, September 26, 2001, in the Conference Room at 1000 Civic Center Drive, Niles, Illinois.

You may call the Purchasing Department Office, (847) 588-8000, for a copy of the bid form. Bids must be returned in a sealed envelope, addressed to the Purchasing Agent, and legibly marked with the words, "BID ENCLOSED" and the items being bid on. Bids received after the appointed time will not be accepted. The bidder's name, address and phone number must be included in each envelope.

The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any bid and to accept the bid which it deems to be in the best interests of the Village.

## LEGAL NOTICE

### VILLAGE OF NILES

#### REQUEST FOR PROPOSALS

The Village of Niles will be accepting proposals for:

- DUMP TRUCKS**
- One 1-ton, Dual Rear Wheel, 4-wheel drive  
With Snow Plow and Salt Spreader
- One 5-ton 36,000 GVW with Snow Plow
- One Tandem 53,220 GVW with Snow Plow and Salt Spreader

General information and proposals forms will be available in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, Niles, Illinois 60714 847-588-8000.

Sealed proposals will be accepted until 12:00 Noon, Wednesday, September 12, 2001, at Niles Administration Building, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road). Proposals will be opened at 2:00 P.M., Wednesday, September 12, 2001, in the Conference Room at the Administration Building. Contract awards will be made at the Village of Niles Board Meeting of September 25, 2001.

Nothing herein is intended to exclude any responsible firm, or in any way restrain, or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any proposal, and to accept the proposal which it deems to be in the best interests of the Village.

**FREE PIONEERS FREE**  
**IN THE PARK**  
**Sunday, September 9, 2001**  
**1-4 pm Harrer Park**  
**JOIN THE CELEBRATION**

## CELEBRATING

**THE FOUNDING OF OUR COMMUNITY (1835-1895)**  
**THE FOUNDING OF THE PARK DISTRICT (1951)**

- \* Historical Reenactment of a Pioneer Settlement
- \* Historical Reenactment of an 1858 Baseball Game  
(bring a blanket and a picnic lunch!)

**ENJOY ROASTED CORN AND WATERMELON**  
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- \* Take a Horse and Carriage Ride
- \* Stop at the Petting Zoo
- \* Stop by the Museum for annual exhibit:

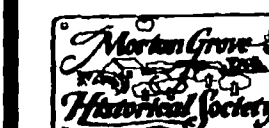
**"Pioneers: A New Place, A New Life"**  
Visitors to Museum may also try some pioneer chores and games.

**Additional Parking Available at Parkview School**  
**For More Information**

**Call the Morton Grove Historical Museum**

**at 847-965-0203**

*This event is funded by a Grant from the Illinois Department of Natural Resources/Illinois State Museum*



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## Police News

### Morton Grove

#### RETAIL THEFT

On August 30 jeans, pants, miniskirt and sweater, totaling \$44, were stolen from a clothing store on the 6800 block of West Dempster. The getaway vehicle is registered to an Evanston address.

#### BATTERY

On August 28 a schoolteacher was punched in the face and spat upon after a traffic altercation in the 7200 block of Dempster.

#### CRIMINAL DAMAGE TO PROPERTY

A pointed object caused \$600 damage to a 1993 Cadillac parked in the 9300 block of Oak Park Avenue on August 27.

On August 25 a fire was set in the garbage can at the Malloy School, 8701 Menard.

#### THEFT

A bicycle was stolen from the 5800 block of Capulina on August 20.

### Niles

#### DUI/ENDANGERING THE LIFE OF A CHILD

On August 28 a woman was arrested after an officer observed her going southbound in the northbound lanes at 9400 Mil-

waukee, speeding (70 in a 35 zone), weaving in and out of traffic and then crashing into the rear bumper of a car. There wasn't any damage to either car or injury to anyone in the cars. The woman stumbled when she got out of the car, had a strong odor of alcohol on her breath, her eyes were bloodshot and glassy and had difficulty standing. The woman refused to comply with the officer's request for a driver's license and proof of insurance. Field sobriety tests were not performed because the safety of the driver was in question. She became belligerent and aggressive when she was placed in the rear of the police car.

The officer noticed a small female child in a rear child seat in the car. Other officers were requested for back-up. The woman in the car was banging her head against the plastic shield of the rear of the police car and was bleeding profusely from her forehead. An ambulance was requested. The woman fought the medical personnel who were trying to help her. She was taken to LGH where after much ado her forehead was stitched up and she was returned to the police station. She spent a few hours ranting in the cell before sobering up. The child was taken to the police station where it was discovered that she was listed as missing by her father. Attempts were made to con-

tact the father as well as the sister and mother of the driver in custody.

The father was reunited with his daughter. The driver was arrested for driving under the influence, reckless driving, endangering the life of a child, driving on a suspended license, not having insurance and a variety of moving car violations.

#### SUSPENDED LICENSE

On August 27 a woman was ar-

rested for driving on a suspended license after police stopped her going through a stop sign at Lyons and Maryland.

A man was arrested for driving on a suspended license when he failed to signal at Touhy and Harts as he turned on August 30. The suspended license was discovered when the officer ran a computer check on the driver.

#### PRODUCTION OF MARIJUANA

Acting on an anonymous tip that marijuana was being grown an officer called on the residents in the 8800 block of Chester. A woman let the officer in and claimed to know nothing of the plant growing on her balcony. The plant was her son's. The son was arrested on August 29.

## Obituaries

#### MARIO PEREZ

Mario Perez, 10, of Chicago died Tuesday, August 28 at Children's Memorial Hospital, Chicago. He was born May 31, 1991 in Chicago. Beloved son of Karen (nee Kippes) and Mario. Brother of Alicia. Loving grandson, cousin and nephew to many. Services were held Saturday, September 1. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Maryhill Cemetery, Niles. Memorials to: Children's Memorial Hospital, 2300 Children's Plaza, Chicago, IL 60614.

#### LILLIAN SAK

Lillian Sak, 81, of Mt. Prospect, died Tuesday, August 28 at Lutheran General Hospital, Park

Ridge. She was born August 20, 1920 in Chicago. Beloved wife of the late Alexander. Beloved mother of Dennis (Shirley), Alexander Jr. (Rose) and the late Walter. Sister of Eleanor Pearce, the late Stephanie Maczko and the late Ed Zima. Loving aunt to many nieces and nephews. Services were held Saturday, September 1 at St. Thomas Becket Church, Mt. Prospect. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in All Saints Mausoleum, Des Plaines. Memorials: Masses appreciated.

#### JOSE BUSTOS

Jose Bustos, 63, of Chicago, died Saturday, August 25 at

Swedish Covenant Hospital, Chicago. He was born September 18, 1938 in Colombia. Beloved husband of Nina (nee Lara). Services were held Sunday, September 2. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Monarch Crematorium, Franklin Park.

#### THOMAS PARR WILSON

Thomas Parr Wilson, 64, of Glenview, died Tuesday, August 21. He was born January 9, 1937 in Champaign, IL. Beloved father of Thomas III (fiancee of Jeanie), Shannon Gallo and the late Ashley. Grandfather of Kelsey, Madeline, David and Katherine. Brother of Dawn and Beverly. Companion and friend of Charlene. Services were held Saturday, August 25. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines. Memorials to: Maryville Academy.

#### CAROLYN P. WESTHOFF

Carolyn P. Westhoff, 84, of Niles, died Sunday, June 24 at Lutheran General Hospital, Park Ridge. She was born September 18, 1916 in Olney, IL. Beloved wife of Nicholas Westhoff. Beloved mother of Carol (the late Louis) Adorjan. Grandmother of Denise (Martin) Ciszon, Geneen (Timothy) Miller and Leonard (Karrie) Muscolino. Services were held June 27 at St. Juliana Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

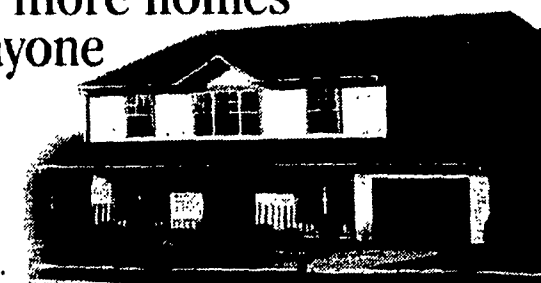
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<p><b>GRANT'S SCOTCH</b> 750 ML \$13.99</p> <p><b>STOLICHNAYA VODKA</b> 750 ML \$15.99</p> <p><b>SOUTHERN COMFORT</b> 1.75 LITER \$18.99</p> <p><b>COKE PRODUCTS</b> 12 PAK 12 OZ CANS \$2.99</p>		

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## CHURCH & TEMPLE NEWS

### St. John Brebeuf starts year with new gym floor

by Barbara A. Mendelsohn

There's a daily floor show going on in Saint John-Brebeuf's gym and school parents are applauding.

This event's been anticipated for 20 years now. It got underway in July when tradesmen began removing two layers of tiles, along with the asbestos that was the mark of installations done 40 years ago.

The floor surface had become slippery, dangerous for the kids to play on, so a couple parish dads with kids in athletics started the ball rolling. They researched the best floor for the purpose and costs involved, a figure that came in well over \$100,000.

To start the fund raising, letters signed by both Fr. Tom

May, St. John's pastor, and Mrs. Margaret Whitman, school principal, were sent to parents of school children, to parish committees and to local businesses.

To date, the campaign has raised \$88,000 toward its goal of \$116,000. The parish has put out the money upfront so work can proceed. Once the campaign is finalized the parish will

be reimbursed.

The new floor will be ready for its first use in two to three weeks when the basketball season is in full swing.

New bleachers may be in the works, if funds allow.

Still to come in the floor campaign is a Krispy Kreme Donut fundraiser. All orders raised will bring 50 percent of the proceeds into St. John's floor fund.

A golf outing to benefit the floor fund is also planned.

For information about Krispy Kreme fundraiser, the golf outing or for other participation, call Joanne Spata at 847/966-8145.

### Harvest Fest

Everyone is invited to attend Harvest Fest at St. John Brebeuf parish grounds, 8301 N. Harlem on Saturday, Sept. 8 from 6 to 11 p.m., and Sunday, Sept. 9 from 1:30 to 6 p.m.

Food, entertainment, children's games, music, dancing and a beer garden will be provided. On Saturday evening, an outdoor Mass will be celebrated at 5 p.m.

For information, call (847) 966-8145.

### PR Catholic Woman's Club

The Park Ridge Catholic Woman's Club will hold their first meeting of the Fall Session on Monday, Sept. 10, at 12:15 p.m. at the Park Ridge South Recreational Center, located at 833 Talcott Road, near Cumberland, Park Ridge.

Joan Vering will speak regarding our new Missionary Project, "INFANT".

We will partake of a Mini Lunch, \$2 payable at the door, which also includes a raffle ticket.

After lunch we will be entertained by the "Norridge Serenaders."

New members and guests are always welcome. Residency in Park Ridge not required.

### Confirmation classes

Jerusalem Lutheran Church, 6218 Capulina Ave., Morton Grove, will begin its confirmation classes in September. The one-a-week classes are for seventh and eighth graders who would like to have a basic study of what the Bible teaches and who may wish to become church members. Please call Pastor Dennis Kleist at (847) 965-7320 for more information on day and time.

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### "Angel Lady" to speak at St. John Brebeuf

On Tuesday, Sep. 11, the Catholic Women's Club will hold its first general meeting at 7:30 p.m. in Flanagan Hall. To begin the new year, a very special program has been planned. Sue Storm, a Naperville resident known as the "Angel Lady" will be the speaker.

Storm says she has been able to see, hear and talk to angels since she had a near-death experience as a baby. As

the years passed, a strong feeling of special guidance grew and Sue Storm became a public speaker. After several years of speaking to very receptive audiences, she wrote a book in 1999. Since its publication, Storm has done about 350 radio shows—some in Canada and Europe—and has appeared on several television shows. Her first book, "Angel First Aid: Rx for Miracles," sold

2000 copies in six weeks. Several more books are on the horizon.

Everyone is invited to hear this fascinating woman as she relates her experiences and tells how anyone can communicate with angels in one way or another by hearing, touch or feel. Ms. Storm will have books available for purchasing and signing, and refreshments will be served.

### Ezra-Habonim events

Friday, Sept. 7, join Ezra-Habonim, the Niles Township Jewish Congregation in Skokie, for the beautiful Hassidic Service at 8 p.m.

Guest speaker at services will be Tracy Lipsig, social worker at JFCS, who will speak on Visiting the Terminally Ill. The lecture will give information to help understand what is needed in these dire situations and how to approach the matter so it is an uplifting experience for all.

The men's club of Ezra-Habonim, extends an invitation to Selichot Services starting at 9 p.m., Saturday, Sept. 8. Guest speaker is WBBM personality; reporter and anchor Regine Schlesinger, whose topic will be "A Modern Orthodox Jew in a Modern Unorthodox World." Refreshments will be served following the program. Selichot Services at 11 p.m. will be conducted by Rabbi Neil Brief, Hazzan Shlomo Shuster and the High Holy Days Choir.

**New Bus Service!** Maine Township's Youth Drop-in Center now has a bus thanks to the efforts of Senator Dave Sullivan, left, who arranged for an Illinois First grant for the purchase. Here, Maine Township Supervisor Bob Dudy, in door, takes a closer look. Joining them are, left to right, Dayna Berman, Director of MaineStay which oversees the Drop-in Center; Trustees Laura Morask, Carol Teschky, and Bill Bell; and Clerk Gary K. Warner. The bus will be used to transport area children to and from the Drop-in Center. The Center is open from 12 noon to 9 p.m. Monday-Friday year around for grades 5-12. For information on activities, call (847) 297-2510.

### Bible Study

Community Bible Study's evening class in Mount Prospect will begin its new 30-week course on Deuteronomy and a survey of the psalms on Tuesday, Sept. 11 at 7:30 p.m. at Northwest Covenant Church, 300 N. Elmhurst Ave. (three blocks north of the post office) in Mount Prospect.

Both men and women attend this non-denominational bible study, which offers small group discussions based on take-home questions, a lecture by lay teaching director Bob

Kriskovich, and a professionally written commentary each week. For a registration fee of \$20, area residents are invited to join with nearly 100 students, with a range of little to advanced familiarity with the Christian Bible.

Prospective students may register or obtain further information from the Community Bible Study/Mount Prospect coordinator Adrienne Gullberg at (262)877-2618 or call her assistant Pam Reed at (847) 823-9553.

### FallFest 2001

The St. Thecla Athletic Council cordially invites parishioners and friends 21 and older to FallFest 2001 on Friday, Sept. 7. Oktoberfest-style food, brats, soft drinks, and ice cold beer will be available beginning at 6:30 p.m.

The musical group A Week Back will play favorites from the sixties and seventies with St. Thecla's own Father Ken sitting in.

Admission at the FallFest tent will be \$5. \$3 for seniors.

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### Free Seminar on money for your child's college

A free workshop on how to "Get Thousands of Dollars for Your Child's College Education" will be held Thursday, September 13 at the Niles Public Library, 6960 W. Oakton Street, from 7 p.m. to 8:30 p.m. This seminar will cover many topics, including: how to double or even triple your eligibility for financial aid, how to locate and apply for every need-based scholarship, grant and low-interest loan that your child may be eligible for, and how to pick the colleges that will give you the best financial aid

packages. These strategies are designed to work whether your income and assets are low, average, high, or even very high.

The speaker will be G. Andrew Watson, Lake Forest High School ('76), Dartmouth College ('80) Northwestern Law School ('83), and author of the book, **How to Give Your Child a Four-Year College Education Without Going Broke.** Guests are welcome to bring other interested friends. Please call 800/784-2861 to confirm the number of attendees.



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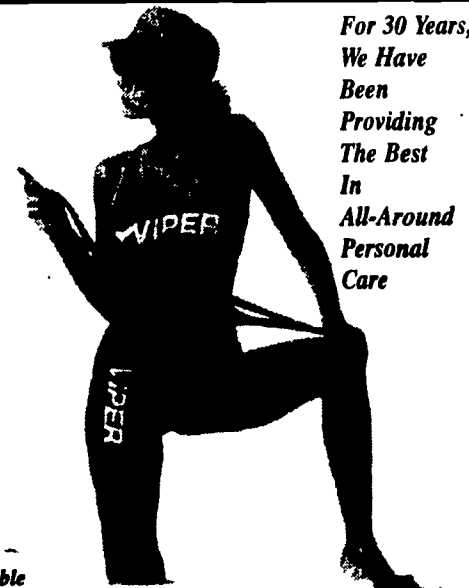
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The Cooper kids, (L-R) Shale, 9, Jeanine, 5, and Jordan, 9, share a family hug with Bugs Bunny at Chai Lifeline's Family Day at Six Flags Great America.



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### Children's Place Association receives accreditation

Programs of multi-faceted service organization for area children and families impacted by HIV/AIDS accredited by international accrediting council.

Children's Place Association, a non-profit Chicago organization providing programs and services for children and their families impacted by HIV/AIDS, has been accredited by the Council on Accreditation for Children & Family Services (COA), New York. COA is an international, independent accrediting body of social and behavioral healthcare services.

Children's Place, established in 1991 and located in Chicago's Humboldt Park neighborhood is an innovator of specialized services for HIV/AIDS-affected children and families in the Chicago area. The not-for-profit agency opened the Midwest's first group home for AIDS-affected children in 1991. The 10-bed residence offers 24-hour nursing care for children separated from their parents due to HIV/AIDS or other serious health conditions. The agency's second facility, opened in 1998, offers a wide range of support services for HIV/AIDS-affected families facing health, economic, and social challenges. The Family Center provides day care/early childhood learning for up to 54 preschoolers and offers case management, counseling, respite care, and recreation. A foster/adoptive program provides substitute care for children who have lost their parents to AIDS or are otherwise separated from their birth families. The Center also includes three supportive housing units for homeless families with HIV/AIDS. The agency serves more than 300 children annually.

"Children's Place is proud to join COA's community of excellence that includes more than 1,000 private and public organizations that serve more than six million children, individuals and families in the U.S. and Canada," says Cathy Krieger, president of the organization.

The COA accreditation process involves a rigorous examination of an organization's compliance of 39 best-practice standards that champion quality services for children, youth and families. These include human resources; financial and risk management; behavioral healthcare services including financial and debt management; mental health counseling; substance abuse treatment; foster care; and a host of other health service areas.

### ROBI announces record number of organ transplants

Twenty-nine families in Illinois and northwest Indiana said "yes" to organ donation during July - making possible 110 life-saving organ transplants in one month, the Regional Organ Bank

Continued on Page 10

## The Traveler's Adviser

Dr. Mary MacGregor

This column will answer some of the most frequently asked questions from our international travelers. Today I am going to focus on the vaccine used to protect against one form of bacterial meningitis, meningococcal meningitis. If you have a question you would like to ask, contact Travel Medicine Source, 9129 Waukegan Rd., Morton Grove, IL 60091 or e-mail tmsa@aol.com or call (847) 663-1566.

*My daughter is leaving for her freshman year of college this fall. Should she get a meningitis vaccine shot?*

College freshmen living in dormitories are more than three times likely to develop meningococcal disease as other college

students. Meningococci are the most common cause of meningitis, a serious infection of the fluid surrounding the brain, in this age group, and the disease may be rapidly fatal. The American College Health Association recommends that students consider a meningitis vaccination to prevent this disease.

*Why would my child be at an increased risk for meningitis?*

College students are at increased risk because of the close contact they have with other students in classes and other activities. Smoking, being around someone who smokes, and drinking alcohol are additional risks. Direct contact with oral secretions such as coughing, sharing utensils, and kissing can

spread the bacteria.

*In the vaccine safe and effective? Is it expensive?*

Yes, the vaccine is safe and effective. No vaccine provides 100 percent protection, but this vaccine does protect against four strains of meningococci, A, C, Y, and W-135. The most common side effect is soreness at the injection site, and occasionally mild fever. The vaccine is relatively inexpensive, and is often available through student health services at reduced cost. If your physician does not have the vaccine, Travel Medicine Clinics usually have a supply for per-

sons going to certain areas of Africa and the Middle East.

*Does my child need other shots for college?*

Vaccine requirements for individual colleges may vary. Check with your child's physician to see if her immunizations are up-to-date. Diphtheria and tetanus (Td) boosters should be given every ten years. Her measles, mumps, rubella (MMR) should also be current, and if your child has not been vaccinated against Hepatitis B, this would be an excellent time to begin this series.

## Community health fair

Residents of Chicago's far northwest side and nearby suburbs are invited to attend the Community Health Fair that will be held at Norwood Park Home (NPH), 6016-20 N. Nina Ave., Chicago, from 9 a.m. to 2 p.m. on Tuesday, Sept. 11. The event is being co-sponsored by NPH, Norwood Park Seniors Network, the Northwest Lions Club and the Norwood Park Chamber of Commerce & Industry.

"We're trying to raise

awareness on health issues that impact the lives of older adults on a day-to-day basis," said Linda Kreger, NPH director of marketing. "This program will give the community the opportunity to visit at their leisure, ask questions and be tested regarding a variety of health concerns. It is a free event and we hope to see people of all ages participate." For additional information, call Linda Kreger at (773) 631-4856 ext. 2628.

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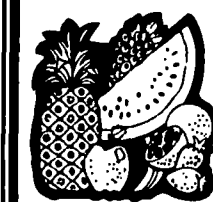
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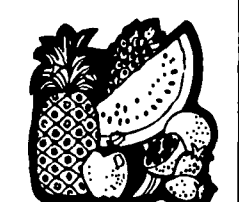
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## ROBI...

of Illinois announced this week. The number ties the record for the most transplants in one month as a result of ROBI's work with organ donation. "Right now, 110 people who were desperately awaiting transplants are celebrating new life with their families because 29 others chose to selflessly make something positive out of a loved one's death," said Jerry Anderson, ROBI President/CEO. "We are proud to be part of that, through our work with these donor families and the hospitals in our area."

ROBI is the not-for-profit, federally designated organ pro-

urement organization serving the northern three-fourths of Illinois and northwest Indiana. So far this year, ROBI has worked with the families of 155 donors to make possible 494 organ transplants.

Anderson credited the work of nurses, physicians, chaplains and other hospital staff in Illinois and northwest Indiana for their tireless efforts alongside ROBI staff - many on call 24 hours a day, seven days a week - to help many men, women and children each day through organ and tissue donation.

The record donation number unfortunately accompanies record need. As of July 27, more than 77,000 people were on the

national transplant waiting list. Another name is added to that list every 13 minutes and every day, 15 people die waiting.

In Illinois, more than 4,500 people await lifesaving transplants. Three hundred and forty nine people died last year while waiting. Many of those deaths could be prevented if all potential donors would, in fact, become donors. That's because one donor can save or enhance the lives of more than 25 people.

Everyone, no matter how young or old, can be a lifesaver by choosing to be an organ and tissue donor. Choosing to become a donor is as simple as signing a Uniform Donor Card (such as the card on the back of the driv-

er's license) and, most importantly, sharing the decision to donate with family members.

ROBI is responsible for recovering and distributing organs and tissues for transplantation in accordance with strict federal guidelines. In addition, ROBI provides education about organ and tissue donation for healthcare professionals and the general public. Its mission is to save and enhance the lives of as many people as possible through organ and tissue donation.

ROBI offices are located throughout Illinois in Chicago, Rockford, Peoria, Champaign, Springfield and Bloomington. For more information on donation, call ROBI at 312/431-3600 or visit online at [www.robil.org](http://www.robil.org).

Continued from Page 8

## Five a day is still a ways off

- American children eat only half the recommended five daily servings of fruits and vegetables. Experts estimate that only 1 in 5 kids actually gets the 5 A Day they need for good health. The produce choices most often eaten by kids are not those with the most nutrients. Dole Survey @ [www.dole5aday.com/menu/educators/menu.htm](http://www.dole5aday.com/menu/educators/menu.htm).
- The most common vegetables eaten by U.S. kids are French fries, ketchup, and pizza sauce. Of the vegetables eaten by children ages 6 to 11 years, approxi-

mately 55 to 60% come from either potatoes or tomatoes. Kids have especially low intakes of nutrient-rich dark green leafy and deep yellow veggies. USDA Pyramid Servings Data @ [www.barc.usda.gov/bhnc/foodsurvey/home.htm](http://www.barc.usda.gov/bhnc/foodsurvey/home.htm).

- No matter how you slice it, Americans are not taking advantage of the known benefits of fruits and vegetables. Americans' Fruit and Vegetable Deficit @ [www.5aday.com](http://www.5aday.com).
- Only 10% of the foods consumed at breakfast are fruits, veg-

etables or 100% juices.

- Adults are more than twice as likely to start the day with coffee (36%) than fruit or vegetable juice (17%). Only about half of children drink 100% fruit juice at breakfast.

- At lunch, adults are almost ten times as likely to select a carbonated soft drink as a 100% juice. Children are five times more likely to have a soft drink or a fruit drink than juice.

- In terms of snacks, fruits or vegetables are the snack of choice only about 10% of the time.

- In terms of snacks, the average American consumes only five fruits or fruit juices per month.

- Even though dinner time is the most popular time for eating fruits and vegetables, only 28% of the foods at dinner are fruits, vegetables or 100% juices. Children are only eating a total of one serving at dinner.

- Overall, only about 1 in 5 Americans gets the recommended minimum of five servings of fruits and vegetables per day.

Provided by the Illinois NET Program [www.kidseatwell.org](http://www.kidseatwell.org).

## Free Special Olympics sports physicals

Doctors and nurses from the 20 Advocate Health Centers in Chicagoland will be giving free physicals to newly-registered Special Olympics athletes at the United Center on Sept. 27.

Advocate is offering the service because a sports physical is necessary before a child or adult can train or compete in any of the 19 Illinois Special Olympics Programs. Current athletes renewing their Special Olympics medical applications can also take advantage of the free physicals.

Anyone interested, must call for registration materials and information by Sept. 7. Call Special Olympics Chicago at (312)595-9138.

## Fire Department open house/blood drive

The North Maine Fire Department is hosting a blood drive as part of its Open House Saturday, September 15 at 11 a.m. - 3 p.m. In preparation of the National observance of Fire Prevention Week 2001, held Oct. 7 through Oct. 13. The Open House is also commemorating 32 years of service to the community.

Life Source will join the fire department for the Blood Drive, and urgently asks for local support to help breach the gap between demand and supply of blood and blood derivatives. Walk-ins are welcome, call in advance to sign up or to ask if you are eligible to donate.

The Open House will be held at the fire station, 9301 Potter Rd. in unincorporated Maine Township and is open to the public. Parking will be

across the street just Northwest of the fire station at the Chicago Mar Church. On display will be equipment from North Maine Fire Department, Maine Townships Highway Department, Maine Township Emergency Management Agency, and Illinois State Police. Displays will include the Commonwealth Edison's Safety Town, NICOR, representative from Cook County Sheriff's Police, Maine Township. There will be activities for all family members, a button machine to make your own fire safety message, fire station tours, slide down the fire pole, demonstrations by various attending agencies, and "Matches the Clown" will be present to make designs from balloons. Cook County Sheriff's Police Bicycle Patrol will

be available for bicycle registration and provide safety information. There will be handouts with important fire safety messages. The MESS Canteen will be on hand to serve hot dogs, chips, cookies, and beverages. Chief Robert Baey would like to invite everyone to attend this important event. It will be a time for all to see and learn about Fire Safety and other important safety messages while having fun. For further information or to register to donate blood, call (847) 297-5020.

## Never leave children unattended in cars

Cook County Department of Public Health (CCDPH) and the American Academy of Pediatrics (AAP) are teaming up to remind parents and caregivers of the dangers of leaving children unattended in cars during hot weather. Between 1996 and 2000, more than 120 children, the majority under three, died from heat stroke after becoming trapped in a car. Most of these deaths occurred when parents or caregivers left the child in a car while running a "quick" errand.

According to a recent survey by the National SAFE KIDS Campaign, 10 percent of parents feel it is okay to leave a child unattended in a car. Many parents do not lock the doors of their vehicles when parked near their home. This has led to a number of deaths from heat stroke when an unsupervised child climbed into an unlocked car while playing and was unable to get out.

Heat affects core body temperature in young children three to five times faster than in adults, making them much more susceptible to heat stroke.

The National SAFE KIDS Campaign offers the following

safety tips to parents and caregivers:

- Teach children not to play in, on, or around cars.
- Never leave a child in an unattended car. A typical summer day temperature of 80 degrees can quickly reach deadly temperatures inside a parked car, even with the windows down.
- Watch children closely around cars, particularly when loading and unloading. Make sure all children leave the vehicle when you reach your destination.
- Check the temperature of the car seat surface and safety belt buckles when returning to a hot vehicle. Consider using a light covering to shade the seats of the car from the sun or putting up windshield shades in front and back windows.
- Keep the trunk of your car locked at all times and contact your automobile manufacturer about getting your car retrofitted with a trap resistant trunk.

For more summer safety information or questions contact CCDPH at (708) 492-2000, or visit the National SAFE KIDS Campaign at: [www.safekids.org](http://www.safekids.org).

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Signed permission forms, available outside the east cafeteria or in the main office, must be turned in no later than September 21. For more information, please contact Mrs. Baumeister at (847) 568-3297, or Miss Friedman at (847) 568-3488.

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Intensive ESL allows students to develop both extensive language skills and cultural awareness. The 9 1/2-week class meets four times a week (Monday-Thursday) from 12:20 - 3 p.m., beginning Sept. 24, at Oakton's Ray Hartstein Campus, 7701 North Lincoln Avenue, Skokie.

The course fee is \$200. Pre-registration in person is required. Call (847) 635-1427 for information.

Conversational English Practice (COM A50) is an eight-week course designed to help intermediate ESL students improve listening and speaking skills that will improve their business and social communication, and increase their understanding of cultural differences. Several eight-week sections of this class begin in October. COM A50-01 meets from 9 - 11:45 a.m. on Mondays, beginning Oct. 1, at Congregation B'Nai Emunah, 9131 Niles Center Road, Skokie. COM A50-02 meets from 9:15 a.m. - noon on Saturdays, beginning Oct. 6, at

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The ministry plans to use the funds to expand its programs that build powerful relationships with at-risk teens in the Chicago area.

Grant funds will be used to expand the ministry's current LEAD program to meet the changing needs of teens in leadership, educational, empowerment and positive peer community. The ministry plans to create a system of intentional support for each teen, including educational workshops, leadership opportunities, academic mentoring and advocacy, while building a supportive, friendly environment.

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## Baking with Kids is Fun

If it seems the only "quality" time you spend with your kids is in the car going from one activity to another, next weekend spend an hour or two baking together.

Baking can be a delicious lesson in working and playing together. It introduces children to the joys of baking - the way it tastes, the way it smells, the way the finished product brings great pleasure. An added bonus, your children will learn valuable math, language and science concepts.

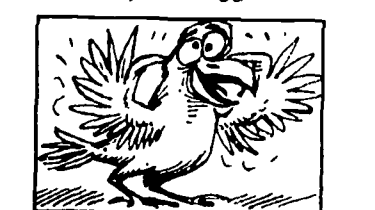
Start by choosing a simple recipe everyone in the family will think is yummy. *Dinosaur Egg Cookies* have two things kids of all ages love - colorful sprinkles and a surprise candy hidden inside. The recipe for this crunchy wholesome oatmeal cookie makes enough to pack into school lunch boxes and enjoy as an after-school snack.

Next, follow these recommendations from the baking experts in the Quaker Oatmeal Kitchens:

- Bake early in the day when everyone is well rested.
- Dress kids in comfortable, washable clothing; roll up long sleeves and pull back long hair.
- Read through the recipe together. Explain words younger children might not understand, and discuss the steps you'll follow.
- Then, send everyone to wash hands and you're ready to begin.

Younger children can gather the ingredients and equipment needed. Older kids can measure ingredients and arrange them in the order they'll be used. Either quick or old fashioned oats can be used in the cookie recipe. To measure, spoon oats into measuring cups and level even with the top of the cup using a narrow metal spatula.

Everyone can help stir the dough, shape the eggs and then



It might sound crazy, but Minnesota's state bird is the common loon.

roll them in the sprinkles. An adult or teen should take the cookies in and out of the oven.

Finally, when the cookies have cooled, pull up some chairs, pour glasses of milk and take a break together munching the treats you just prepared.

For more delicious cookie ideas, send a self-addressed, stamped envelope to: Cookie Celebrations, MP Food Communications, 225 W. Washington St., Suite 1625, Chicago, IL 60606.

### Dinosaur Egg Cookies About 2 Dozen

- 1/2 pound (2 sticks) margarine or butter, softened
- 1 cup powdered sugar
- 1 egg
- 1 teaspoon vanilla
- 1-1/2 cups all-purpose flour
- 1-1/4 cups Quaker oats (quick or old fashioned, uncooked)
- 1/2 cup cornstarch
- 1/4 teaspoon salt (optional)
- Approximately 24 assorted bite-sized candies (not hard candy)

Colored sugar or candy sprinkles

Heat oven to 325°F. Beat margarine and sugar until creamy. Add egg and vanilla; beat well. Add combined flour, oats, cornstarch and salt; mix well. Shape rounded tablespoonfuls of dough into 1-1/2-inch balls. Press candy piece into center of each ball; shape dough around candy so it is

completely hidden. Lightly pinch one side of dough to form egg shape. Roll cookies in desired decorations until evenly coated. Place 2 inches apart on ungreased cookie sheets. Bake 16 to 20 minutes or until cookies are set and lightly browned on bottom. Remove to wire rack; cool completely. Store tightly covered.

**Nutrition Information**  
1 cookie: Cal. 150, Cal. From Fat 70. Tot. Fat 8 g. Sat. Fat 2 g. Sod. 95 mg. Carbo 17 g. Fiber 1 g. Prot. 2 g.

## Wilbur Wright College Art, Craft and Food Festival

Relocated to Wright College's North Campus, the college's 33rd annual Art, Craft and Food Festival will take place in the air conditioned gymnasium, atrium and Student Center lobbies of Wright at 4300 N. Narragansett Ave. Sunday Sept. 9, from 10 a.m. until 5 p.m. Arts and crafts handmade by artisans from throughout the metropolitan area will be featured. Proceeds from booth rentals will benefit the Wright College Scholarship Fund, but admission is free to shoppers and browsers. The fair is sponsored by the college's Continuing Education division. The new facility offers ample parking in an indoor garage and several outdoor lots.

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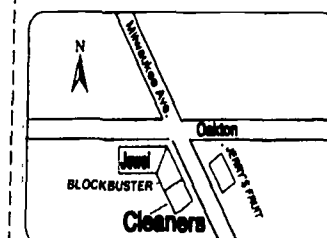
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## Dining / Entertainment

### "Jekyll & Hyde" at Pheasant Run

Pheasant Run Dinner Theatre proudly announces the Chicago regional premier of Frank Wildhorn's "Jekyll & Hyde." Diana Martinez is back in the director's chair for her Pheasant Run finale, with this spine-tingling thriller, exploring the duality of mankind. Martinez' touch included surprises and frightening reality to build a passion unlike past versions.

"Jekyll & Hyde" recently closed a successful run on Broadway and Rockton Productions of Pheasant Run was selected to debut the Chicago Regional Premier. The thrilling musical features an award-winning score which has earned it a cult following due to its powerful and addictive musical arrangements. Revealing the beauty and horror that

is man, this riveting musical, about a brilliant doctor whose experiments with the human personality create a murderous counterpart, delves deep into the human psyche. The show is a loose interpretation of the novel by Robert Louis Stevenson, presenting the epic battle between good and evil.

Featuring an award-winning score, "Jekyll & Hyde's" musical arrangements are based on a classical/pop mix, with a contemporary feel. Several songs are sung by groups of characters or propose a duet. Yet, Martinez was inspired to add a third player into one of the show's most popular duets to create a surprising trio. Also in Martinez' style, dramatic flair has been added to the popular scene "Bring on the Men" which is highly influenced by the French cabaret style, ala Moulin Rouge. These are just a few of the tricks Martinez has up her sleeve to delight theatre patrons. The mixture of a pulsating musical score and several special

effects, all too surprising to reveal, will blend to concoct a most horrifying and shocking version of "Jekyll & Hyde."

Unlike past versions of this thriller, Pheasant Run's "Jekyll & Hyde" will offer an in-depth look at the man and his madness. Instead of simply seeing the evil side of Jekyll's soul, the audience will gain an understanding as to the motivation of the demon through greater insight to the doctor's inner thoughts and psyche. Edward Hyde's evil nature will be expressed with greater passion and suspense than traditionally done.

In order to achieve this, Martinez called on the assistance of experts to create elaborate, dramatic scenes through the help of a fight coordinator, and through visual perception with new set designer, Bill Bartel. In an effort to create scarier murder scenes between the dreadful Edward Hyde and his victims, Martinez has hired fight choreographer, Kathryn Rosen to make each death chilling to the core. Bartel's work has been seen on WTTW and for TV, stage and film.

*Entertainment is a fun and unique gift for the holidays!*

Tickets are on sale now. For reservations call the Pheasant Run box office at (630) 584-6342 or Ticketmaster at (312) 559-1212.

### Heineken Clambake

Heineken Clambake is an expansion of McCormick & Schmick's seafood restaurant's commitment to the community. The event will take on the flavor of a real outdoor New England clambake as haystacks and umbrellas fill the streets.

Held Friday and Saturday, September 14 & 15, 5-10:30 p.m. on Friday; Noon-10:30 p.m. on Saturday at State Street and Walton, Chicago, the Clambake will feature food, an authentic clambake, arts & crafts vendors, Cajun dance lessons and Cajun and Zydeco bands (to be announced) performing throughout the weekend.

Admission is \$5. For more information (773) 868-3010 or [www.chicagoevents.com](http://www.chicagoevents.com).

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### Spertus Museum exhibition

In April 1945, the Nazi concentration camp, Bergen-Belsen, was liberated by the British Army. Virtually overnight, the site was transformed into the temporary "home" for Jewish displaced persons whose lives were devastated by the Holocaust. The exhibition, *Rebirth After the Holocaust: The Bergen-Belsen Displaced Persons Camp, 1945 - 1950*, tells the story of these people as they regained strength, attempted to connect with surviving family and friends, fought for self-government,

and began their lives anew.

The exhibition is on display Sept. - March 19, at Spertus Museum, 618 S. Michigan, Chicago. Guest speaker Menachem Rosensaft, who was born at Bergen-Belsen, is now the founding chairman of the International Network of Children of Holocaust Survivors, will discuss "The Displaced Persons Camp of Bergen-Belsen: Rebirth, Defiance and Empowerment." Sunday, Oct. 14 at 2 p.m. Admission is free; reservations requested at (312) 322-1747.

### Two-year choreographic project

The 2001 Ruth Page Dance Series features two new events: a preview performance and reception announcing a two-year choreographic project entitled *Transformations* and a Mordine & Company Dance Theater choreographic workshop. In addition to these new projects, the series will again be sponsoring a full season of dance classes at Northeastern Illinois University (NEIU).

The 2001 Ruth Page Dance Series' *Transformations* celebrates four decades of Northeastern Illinois University by honoring several artists who have come through the NEIU Dance Program and exemplify artistic excellence. Honorees for this event include Rachel Burton (Concert Dance, Inc. and Melissa Thodos & Dancers), Ron DeJesus (Hubbard Street Dance Chicago), Joel Hall (Joel Hall Dancers), James Morrow (independent artist) and Jorge Perez and Irma Suarez Ruiz (Ensemble Español Spanish Dance Theater). The first phase, *Transformations 01*, will be a special preview event featuring a short performance by each of the nominees, followed by an awards ceremony and reception announcing the specifics of the second project phase, *Transformations 02*—the commissioning of works by each of the honorees to premiere in the new NEIU state-of-the-art auditorium, scheduled to open in the 2002/03 season.

The Ruth Page Dance Series is also pleased to announce this year's choreographic workshop featuring Mordine & Company Dance Theater, September 4 - 15, 2001 at the Ruth Page Cen-

ter. Designed for professional dancers and advanced students, the workshop features Mordine and her company of seven dancers in an intense two-week look at technique, improvisation, composition and the development of skills for enlivening dance performance. The workshop will culminate in a public presentation at the Ruth Page Center on September 15 at 8 p.m. Classes meet Monday-Friday from 9:30 a.m. to 2 p.m. Cost is \$325 for the full workshop; \$175 for technique class only. Call (312) 337-6543 for more details or to register.

The Ruth Page Dance Series also sponsors ballet, modern and jazz dance classes for students ages 3 to adult at Northeastern Illinois University. The series strives to make excellent dance training available to Chicago's northwest-side community by offering classes taught by choreographers and performers participating in the series' annual concerts. The NEIU Community Dance Program's Fall session begins Thursday, September 6, 2001. For additional information, or to receive a schedule of classes contact Rachel Burton at (773) 442-5941.

## Dining / Entertainment

### Auditions open for Oakton's Six Piano Ensemble

Be part of a unique musical experience as a member of Oakton Community College's Six Piano Ensemble. Auditions for this internationally acclaimed touring group will be held from 7 - 9 p.m. on Monday and Wednesday, Sept. 10 and 12, in Room 1457 at Oakton's Des Plaines campus, 1600 E. Golf Rd. Music is provided, but those audition-

ing may also bring a prepared piano piece.

Conducted by Glenna Sprague, professor and coordinator of music at Oakton, the Six Piano Ensemble performs classical, ragtime and popular arrangements. The Ensemble provides an excellent opportunity for those who enjoy perform-

ing with others and wish to expand their repertoires.

The only musical group of its kind in the Midwest, the Ensemble has performed at the International Conference of the College Music Society in Vienna, Austria; Chicago Civic Opera House; the National-Louis University Performing Artistic Series; Navy Pier, Chicago; and the Music Teachers National Association Convention and various MTNA state conventions. This summer, the group performed as featured artists at the Goshen College Piano Workshop, where world-renowned musicians, piano students and teachers will gather for a week of intense music study.

For more information about the auditions, call Glenna Sprague at (847) 635-1905.

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For more information call 847-965-4220; TDD: 847-965-4236; [www.webrary.org](http://www.webrary.org).

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### "Otello" lecture

Iago tells all about Otello when Sherrill Milnes one of the most famed baritones and Of-time performer of evil Iago, presents the first lecture of the season for the Lyric Opera of Chicago Skokie Valley Chapter, Sunday, Sept. 16, 2 p.m. at the Morton Grove Library, 6140 Lincoln Avenue, Morton Grove.

This masterpiece, by Giuseppe Verdi, opens Saturday, Sept. 15 at the Lyric Opera of Chicago, Civic Opera House. Ben Heppner is the brave, jealousy-consuming Otello. Renee Fleming, the love-

ly Desdemona, and Lucio Gallo, Iago.

Here is your chance to hear from one of the world's great baritones discuss the greatest Italian tragic opera, Mr. Milnes, a native Downer's Grove, Northwestern University graduate, where he is now a Professor of Music.

Everyone is invited to attend. Admission is free. Seating preference will be given to Chapter members. Refreshments served.

Call (773) 274-5498 for further information.

### Young Adults-21 & Over-in Transition

Join a group for young adults who are transitioning from student life into the "real world." Whether it is finishing school, finding the right career, or moving out of parents' home, young adults 21 and older who want to talk about Jewish life, celebrate holidays, plan social events, and connect with others are welcome.

This ongoing group meets on

**When you jump for joy beware that no one moves the ground from beneath your feet.**

—Stanislaw Lec

the second and fourth Thursday evening of the month, from 7 to 8:30 p.m., at Jewish Family and Community Service, Niles Township District, Goldie Bachmann Luftig Building, 5150 Golf Road, 2nd Floor, Skokie - just moments away from the Old Orchard Shopping Center. For more information, call Annie Rosenthal, LCSW, at 847/568-5200.

"Young Adults - 21 and Over - in Transition" is a program in the Family Life Education Series sponsored by Jewish Family and Community Service.

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## Dining / Entertainment

### Science open house

Have you ever wondered how a particle accelerator works? Would you like tips on protecting your computer from hackers? Would you like to see the cars of the future?

Visitors to Argonne National Laboratory's open house on Saturday, Sept. 15, will get to do all of that and more. The U.S. Department of Energy lab will host "Argonne Adventure 2001: Science and Technology for Today

and Tomorrow" from 9:30 a.m. to 4:30 p.m. at its site at 9700 S. Cass Ave.

Normally, a particle accelerator's magnets power and guide subatomic particles along a track. But open house visitors will be able to take the place of speeding electrons and protons in an exhibit that simulates an accelerator's operation.

"Visitors will trace paths of light that represent the tracks of



Argonne physicist John Schiffer talks to visitors at Argonne National Laboratory's open house in 1999. The lab's next open house: Argonne Adventure 2001: Science and Technology for Today and Tomorrow, will take place Saturday, Sept. 15, from 9:30 a.m. to 4:30 p.m. It will feature more than 100 exhibits.

particle beams as they travel towards a target, providing a sense of how a particle accelerator works along the way," said Ar-

gonne physicist Tom Mullen.

IBM and the lab's Electronics and Computing Technologies Division will make a joint presenta-

tion on the latest methods computer hackers use to attack, corrupt or steal scientific information. Visitors will see hacking simulations and learn how to protect personal computers from hackers and cyber terrorists.

Other exhibits will challenge visitors in contests. "Who Wants to Be a Scientist?" will have contestants from the audience answer questions about a demonstration experiment. The experiment will then be performed to reveal the answers and the science behind them.

Another exhibit will display new robots from the Robotics Molecular Biology Facility that have greatly automated molecular biology experiments, such as the cloning of proteins for study at Argonne's Structural Biology Center. Visitors will have the opportunity to "Race the Robot" in a speed challenge to fill a micro-well test-tube plate.

The transportation exhibit will present the entire scope of Argonne's transportation research on energy-efficient, low-emissions automobiles, heavy vehicles and trains.

The exhibits will feature several advanced technology vehicles provided by industrial partners, including Ford, General Motors (GM), DaimlerChrysler, Deere, Mack Truck, Caterpillar and GM's ElectroMotive Division.

"Argonne Adventure 2001: Science and Technology for Today and Tomorrow" will feature more than 100 different exhibits staffed by professional scientists and engineers. Admission is free. Food and drink will be available for purchase.

Argonne is located 125 miles southwest of downtown Chicago, just south of Interstate 55 near Darien and Lemont, and has entrances on both Cass Avenue and Lemont Road.

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For more information on class schedules and studio hours, call Ed or Luming de la Cruz at 847-966-1671 or 847-298-5795.

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**LEGAL NOTICE**

**VILLAGE OF NILES REQUEST FOR PROPOSALS**

The Village of Niles will be accepting proposals for:

One 2002 Dodge Caravan for Niles Fire Department

General information and proposals forms will be available in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, Niles, Illinois 60714 847-588-8000.

Sealed proposals will be accepted until 12:00 Noon, Wednesday, September 12, 2001, at Niles Administration Building, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road). Proposals will be opened at 2:00 P.M., Wednesday, September 12, 2001, in the Conference Room at the Administration Building. Contract awards will be made at the Village of Niles Board Meeting of September 25, 2001.

Nothing herein is intended to exclude any responsible firm, or in any way restrain, or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any proposal, and to accept the proposal which it deems to be in the best interests of the Village.

### NEIU welcome back bash

Northeastern Illinois University (NEIU) located at 5500 North St. Louis Avenue in Chicago, welcomes students, faculty and staff back from summer break with Fall Into Fun Week, Monday, Sept. 10 through Friday, Sept. 14.

Fall Into Fun Week is an annual welcoming back celebration with a week of events, music, games and food for the university community. The events are a collaborated effort of NEIU campus organizations.

#### Schedule of Events:

Monday—Music at the B-Wing Courtyard: 10 a.m. - 1 p.m., BBI (cover rock band); 1

p.m. - 4 p.m. Games throughout the university on various lawns and courtyards: Gladiator Joust, Bouncing Boxing, Velcro Wall, Hi-Ball, Pop-A-Shot. Refreshments are free complements of the Campus Food Service.

Tuesday—10 a.m. - 4 p.m., Stiltwalker/Balloon Artist at the Village Square; 4:15 - 7:15 p.m., Information for evening students with free popcorn in the Classroom Building Lobby.

Wednesday—10 a.m. - 4 p.m., Stiltwalker/Balloon Artist at the Village Square; 4:15 - 7:15 p.m., Information for evening students with free popcorn in the Science Building Lobby.

Thursday—11:30 a.m. - 1:30 p.m., Village Square: 1:40 - 2:40 p.m., President's State of the University Address in Alumni Hall; 4:15 - 7:15 p.m., Information for evening students with free popcorn in the Fine Arts Building (entrance from the E Building).

Friday—11:30 a.m. - 3:30 p.m. Barbeque and a variety of activities at the PE Building and grounds.

Contact Tony Courier, programming consultant, at (773) 442-4661.

### Grove Avenue School carnival

Mark your calendars for a weekend of rides, games and, for the first time, live musical entertainment at Grove Avenue School's 15th Annual Carnival of Fun, Sept. 13 - 16, 2001.

Hosted by the Grove Avenue School PTO, the carnival offers rides for all ages, ranging from the merry-go-round to the thrill rides for the brave. The rides are generously donated by former Grove parents, Jeff and Patti Blomsness, owners of All Star Amusements. This is by far the PTO's most important fundraiser, and all carnival proceeds benefit Grove Avenue School and other District 220 schools.

Just like past years, the carnival will include creative games, tasty fair food, and free entertainment. This year, you and your family can dance under the stars to live music by bands such as Joe Cantafio and Jade, and the Beale Brothers.

Also new this year is a special sneak preview night. On Thursday, Sept. 13, get an all-you-can-ride pass for just \$10, valid for all carnival rides.

As always, parking is free. Grove Avenue School is located just east of Route 59 and Barrington Road. Rain or shine!

Don't miss the carnival—four great days of good ol' fashioned fun! Thursday, Sept. 13, 6 - 10:30 p.m.; Friday, Sept. 14, 3 - 10:30 p.m.; Saturday, Sept. 15, noon - 10:30 p.m.; Sunday, Sept. 16, noon - 6 p.m.

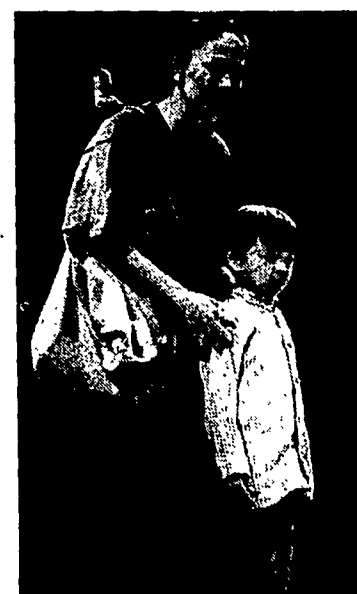
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### Miss Saigon



The Marriott Theatre presents the searing saga, *Miss Saigon*. With a raw power and passion seldom felt on stage or screen, the intimate in the round setting of The Marriott Theatre brings you closer than ever to one of the most memorable musicals of our time.

The extraordinary cast includes Emy Baysic and Kristine Remigio sharing the role of Kim. Both women have starred in the role on Broadway and make their Marriott Theatre debut with this production.

For ticket prices and performance times, contact the theatre box office at (847) 634-0200.

THE BUGLE, THURSDAY, SEPTEMBER 6, 2001 PAGE 19

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## Depression in the elderly is treatable

(NAPSI)—Depression is not a normal part of aging, according to research supported by the National Institute of Mental Health (NIMH). Warning signals family and friends should look for include chronic sleep problems and inability to rest, excessive worrying, increasing dependency, withdrawal from friends, hypochondria and complaints of chronic aches or pains that cannot be attributed to other disorders.

"Family members are the key in getting elders into treatment, because too often elders don't recognize depression in themselves," points out Dr. Charles Reynolds, director of the Late Life Depression Clinic at the University of Pittsburgh, one of three Intervention Research Centers

supported by NIMH. In addition, he said, many senior citizens will not discuss mental health problems with their doctors because they don't want the term "depression" associated with them.

With clinical depression in the elderly comes a far more serious threat - suicide. The highest rates of suicide are among the elderly, particularly white men ages 80 to 85, says Dr. Reynolds. Getting the proper treatment for a depressed elder is vital to prevent depression from getting worse. Yet only one in six elders with clinical depression gets diagnosed and treated for the illness, according to an updated NIH consensus development statement.

The steps to handling depression are easy to remember for

both seniors and their loved ones:

- Recognize that depression is not a normal part of aging, and take symptoms seriously.

- Seek information from individuals and organizations experienced in helping the elderly.

- Mobilize social support from relatives and friends.

- Most importantly, get treated promptly.

Free brochures on depression and its treatment are available by calling NIMH at 1-800-421-4211 or on the Internet at [www.nimh.nih.gov/publicat/depoldermenu.cfm](http://www.nimh.nih.gov/publicat/depoldermenu.cfm). A pamphlet on depression by NIH's National Institute on Aging is also online at [www.nih.gov/nia/health/agepages/depresti.htm](http://www.nih.gov/nia/health/agepages/depresti.htm).

## Valuable resources for older Americans

Savvy seniors and those who care about them can call 1-800-222-2225 for a free copy of the *Resource Directory for Older People*, a comprehensive listing of services and organizations compiled by the National Institute on Aging (NIA) and the Administration on Aging (AoA).

The directory of almost 300 public and private organizations answers questions such as:

- "Where can I learn more about local volunteer opportunities, Elderhostel, or support groups for family caregivers?"
- "How can I find home delivered (Meals-on-Wheels) programs in my community?"
- "Who can answer my questions about menopause?"
- "What medical centers are

studying new treatments for Alzheimer's disease?"

Along with a brief description of the organizations, the book contains mailing addresses, phone numbers, as well as Internet and email addresses. State agencies on aging and ombudsman programs are listed in the appendices.

"The recently updated resource directory is like a Yellow Pages specifically for older people. The book contains contact information for a myriad of health organizations focused on areas such as heart disease and hormone replacement therapy to which physicians can refer patients," said Dr. Richard J. Hodes, the NIA director. "We are pleased to join forces with the Adminis-

tration on Aging on this project."

"The book will be very useful to health and legal professionals, social service providers, librarians, researchers, and others with an interest in aging. By working together with the National Institute on Aging, we will distribute the directory to those who will benefit from it most, including family caregivers of older persons," said Norman L. Thompson, AoA's acting principal deputy assistant secretary for aging.

The directory is available to download from the NIA and AoA websites at [www.nih.gov/nia](http://www.nih.gov/nia) and [www.aoa.gov/directory](http://www.aoa.gov/directory). A single hard copy is also available free of charge by calling 1-800-222-2225 or 1-800-222-4225 (TTY).

## Niles Senior Citizens 588-8420 - 588-8000

### NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. To register to become a member, please drop in and fill out an application, or call us and we will mail one to you.

### NILES - ONLINE

Visit the Village of Niles online at [www.vniles.com](http://www.vniles.com). Learn more about the Village and its services, 24 hours a day, 7 days a week. While online, take a moment and give us your thoughts through our online survey. Help us make this site work better for you.

### FOR YOUR HEALTH - SEPTEMBER

#### DIABETIC SCREENING

Diabetic Screening is Tuesday, Sept. 11, 9 to 11 a.m. in Room 204. You must fast 8 hours, water permitted. Hold medications that are taken with food. Registration required. Cost: \$1.

#### SEPTEMBER 12

#### BLOOD PRESSURE SCREENING

Blood Pressure Screening is Wednesday, Sept. 12, from 1 to 3:30 p.m.

Volunteers needed for our annual flu shot program. Please contact Kelly.

### ATTENTION: SENIOR BOWLERS

Men's Senior Handicap Bowling group (over 100 bowlers) is looking for more bowlers (weekly or substitute). All senior men are welcome to join us at 12:30 p.m. every Wednesday at the Niles Brunswick Lanes starting September 5. To register, call Andy Anderson (647-7245).

### SPECIAL IN SEPTEMBER:

#### WEDNESDAY EVENINGS AT THE CENTER

Beginning Wednesday, Sept. 5 - we will be open Wednesday evenings, 5 to 8:30 p.m. for pool, card games, socialization, etc. Evening Ceramic classes will begin October 3.

### IMPORTANT:

#### NEED TO MAKE A CHANGE?

#### INSURANCE OPTIONS!

Important informational session at 11 a.m., Thursday, Sept. 6. Help sort out health insurance options. This session is especially important for those in Humana Gold Plus at Lutheran General Hospital, which is being cancelled December 31.

### LEGAL CHECK UP SEMINAR

On Monday, Sept. 10, David Boone, AARP Legal Services Network, 10 to 11:30 a.m., repeating 2 to 3:30 p.m. What's the status of your legal papers? Check availability.

### FALL COMPUTER CLASS

Classes include Introduction to Computers, Pre-Introduction to Computers, Excel I & II, Internet, and Microsoft Word II. Classes start Monday, Sept. 10. Call Jaymi for availability.

### SEPTEMBER TICKET SALES

Wednesday, Sept. 5, at 8:45 a.m.

First come, first served. Enter through the East Entrance. Doors open at 8:30 a.m.

**Poker Tournament - Friday, Sept. 28, 12 to 3 p.m.** Play seven-card stud and five-card draw. Includes lunch & prizes. Cost: \$3.50. Registration required.

**Pool Tournament - Thursday, October 11, 10 a.m. to 4 p.m.** Join with Des Plaines Senior Center. Cost: \$5 includes refreshments, lunch, & prizes.

**October Lite Lunch & Movie - Friday, Oct. 12, 12 p.m.** Enjoy a lunch featuring Italian Beef, then sit back and watch the film, *Chocolat*, starring Juliette Binoche and Johnny Depp (2000, PG-13). Cost: \$3.50. Registration required.

**Sunday at the Center: Dancing through the Decades - Sunday, Oct. 14, 11 a.m. to 1:30 p.m.** An afternoon of dancing through the decades - Waltz, Foxtrot, Rumba, etc., and group sing-a-longs, lite lunch including vegetarian soup and sandwich. Registration required. Cost: \$5.

**Travelogue Luncheon - Wednesday, Oct. 24, 12 to 2 p.m.** Journey through Switzerland with a 55-minute travelogue. Prior to the video, enjoy a Turkey and Cheese Sandwich on Wheat, Cole Slaw, and Dessert. Cost: \$3.

**A Hauntingly Spooktacular Affair - Wednesday, Oct. 31, 11:30 a.m. to 2:30 p.m.** Spooktacular afternoon - Spooketti & Meatballs, Italian Sausage, Garlic Bread, dessert and then from Las Vegas, it's Leon Michelson and some very interesting gossip. Cost: \$8.

**Amazon Rising & Cleopatra of Egypt - Tuesday, Nov. 27, 9 a.m. to 5 p.m.** Join us for a trip to the Shedd Aquarium followed by a visit to the Field Museum to see the exclusive Cleopatra exhibit. Lunch at the Corner Bakery in the Field Museum. Cost: \$36.

## Senior citizen law enforcement academy

Cook County Sheriff Michael F. Sheahan invites all senior citizens interested in law enforcement and crime awareness issues to enroll in the Senior Citizen Law Enforcement Academy to be held at the Park Ridge Senior Center, 100 South Western Avenue in Park Ridge, beginning September 10.

The Sheriff's Office designed the program to open the lines of communication between senior citizens and law enforcement officials. Participants will gain a better understanding of the responsibilities and duties of law enforcement officials as well as receive advice on personal safety and crime prevention.

"Seniors of today are active,

educated and concerned, and in my opinion, are one of our county's greatest resources," Sheahan said. "This program will attempt to unite the senior citizen community more closely with law enforcement for our mutual benefit."

The "Senior Academy" at the Park Ridge Senior Center will meet on Monday afternoons, 1:30 - 3:30 p.m., through November 5, when all participants will be honored at a graduation ceremony and reception. Sheahan's office provides the program, free of charge, to all senior citizens living in Cook County.

Top officials from the Cook County Sheriff's Office will con-

duct the eight-session Academy. Each speaker provides pertinent information on an array of topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness, the Emergency Management Agency and the functions of the Cook County jail & courts.

The Sheriff's Office will bring the Academy to any senior citizen club, organization or center throughout the county. For more information on the program or to register for the Senior Citizen Law Enforcement Academy at the Park Ridge Senior Center, please call the Sheriff's Office at (773) 869-7725.

## Do you have a story?

Do you have heart-warming, insightful and powerfully moving stories about midlife? It could be about anything that occurred from whatever age you feel is "middle age" - somewhere above "youth" and below "old."

The authors of the New York Times Bestselling book series *Chicken Soup for the Soul* are currently seeking stories to include in "Chicken Soup for the Midlife Soul," their new book about life in the "middle ages." So far, *Chicken Soup for the Soul* titles have sold more than 60 million copies to date, literally transforming the lives of readers from all walks of life.

What makes a good *Chicken Soup for the Soul* story?

A *Chicken Soup* story is an inspirational, sometimes emotional, often humorous, true story, that opens the heart and rekindles the spirit. It is the personal account of an event, a relationship, an obstacle overcome, a lesson learned or a dream fulfilled that helps the reader discover basic principles they can use in their

own lives. Some of the mid-life topics we will include are: Midlife Romances, On Adventure, Reclaiming Yourself and Your Dreams, Overcoming Obstacles, On Parenting, Speaking Our Minds, On Spirituality, On Aging and Our Changing Body/Appearance, Treasuring Friendships, Menopause, The Gifts of Midlife. Any topics or story topics will be considered.

If you have a great story about an experience you've had during midlife and would like to be included in *Chicken Soup for the Midlife Soul*, please send your

stories to: *Chicken Soup for the Midlife Soul* at Box 31453, Santa Fe, New Mexico 87594-1453 (please keep copies as we are unable to return submissions). Fax to 505-989-4486. Or e-mail stories to [samarston@earthlink.net](mailto:samarston@earthlink.net).

The maximum word count is 1200 words. For each story selected for the book, a 50 word biography will be included about the author and a permission fee of \$300 will be paid for one-time rights. There are no limits on the number of submissions. Stories must be received no later than November 15, 2001.

Thank you for your interest!



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## Morton Grove Senior Citizens 470-5223

### MEMORY CLASS

Forget where those car keys went? Forget that appointment? Trouble remembering names or faces? The Morton Grove Park District is offering this class from 1 to 3 p.m. on Wednesdays starting Sept. 25 in the Prairie View Community Center. Memory lapses can happen to anyone, but with age there is a slow-down of the memory's information processing functions. This class will teach 10 simple things to improve memory. The cost for six sessions is \$15 for residents and \$17 for non-residents and includes a textbook. Register at Prairie View.

### PLAY READING GROUP

People in the Chicagoland area are fortunate to have access to many theater productions of plays. Here is a chance to learn more about some of these plays and the background of the playwright. Join this Play Reading Group for nine weeks from 9:30 to 11:30 a.m. on Tuesdays starting, Sept. 25 in the Prairie View Community Center. Readers will select a producer and director for each play and read the play (no memorizing). Four plays will be chosen each taking two class sessions. The first class will be an organizational meeting. This will be a fun and educational experience. Group facilitators will be Marion Copelson and Terry Sachs. Register at Prairie View. The cost is \$10 for Morton Grove residents and \$15 for non-residents.

### THOSE GOOD OLD RADIO DAZE

See favorite stars from the past at the White Pines Dinner Theater in Mt. Morris, IL on Wednesday, Oct. 3. Relive the music and comedy of vaudeville, radio, and the silver screen. Appearances by theatrical greats such as Mae West, W. C. Fields, Edgar Bergen, Charlie McCarthy, Groucho Marx and Carmen Miranda. Mae wants to know "if someone will come up and see her sometime?"

The bus leaves the Prairie View Community Center at 9 a.m. and returns at approximately 5:30 p.m. The cost is \$47 for residents and \$55 for non-residents. Register at Prairie View.

### THE ART OF WELL BEING

What is art therapy? Can anyone benefit from it even if they are not an artist? At 1 p.m. on Thursday, Oct. 4 Gwen Waldman-Shenk, a Certified Art Therapist and founder of The Art of Well Being will explain the role of Art Therapy in helping people express their thoughts and feelings by using art medias, images, and the creative art process. Art Therapy help people deal with anxiety, depression, anger, frustration, and in coping with life changes.

### FLU & PNEUMONIA IMMUNIZATIONS

Again this fall, the Village of Morton Grove will provide influenza and pneumonia immunizations age 60+. The shots are free for those whose primary insurance is Medicare Part B. Individuals enrolled in an HMO or who do not subscribe to Medicare Part B must pay \$10 for the flu shot and \$20 for the pneumonia shot. Influenza damages the mucous lining of the lungs, enhancing susceptibility to pneumonia. It is especially dangerous for people with heart disease, diabetes, anemia, lung disease and kidney disease. Influenza immunizations provide immunity to the most commonly predicted flu strains for the coming winter. Seniors should get a flu shot each year. Pneumonia immunizations provide lifelong immunity to the most common forms of pneumonia. People should receive this immunization once every five years.

Resurrection Medical Center will be administering the immunizations this year. Those interested in a shot must make a reservation by calling the Morton Grove Senior Hot Line at 470-5223. Dates and times in the Morton Grove Village Hall are:

- Tuesday, October 23: 2 to 5 p.m.
- Saturday, October 27: 9 a.m. to noon
- Thursday, November 1: 2 to 5 p.m.
- Saturday, November 10: 9 a.m. to noon
- Tuesday, November 13: 2 to 5 p.m.

### POSTAL CARRIER WATCH

U.S. postal carriers in Morton Grove provide a watch service of the homes of disabled or senior citizen residents. Since the carriers are regular visitors to each home, they can maintain surveillance of any mail accumulation in the mailbox. For information about applying for the Postal Carrier Watch program, call the Morton Grove Senior Hot Line at 470-5223.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, Morton Grove residents can send \$3, and non-residents send \$4 to the Morton Grove Park District.

## MEDICAL/PROFESSIONAL GUIDE

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(NAPS) -- Gardening is a rewarding hobby, but maintaining a lush garden is hard work. Your garden needs sunlight, water and attention to thrive. Additionally, while the bacteria, fungi and parasites present in potting mixes and soils can be your garden's best friends, they may be unhealthy for you. Using paper products such as Sparkle® paper towels can help reduce the risk of contamination when you are planting your indoor or outdoor garden. Follow these tips from the Georgia-Pacific Health

### Gardening tips

Smart™ Institute to ensure safe gardening:

- Use gloves when handling potting mix; bacteria lurk in soil making a thorough handwashing after gardening a must. Wash your hands well, rubbing them together with soap and water for at least 15 seconds, especially under your fingernails where bacteria hide.
- Dry your hands with disposable paper towels to wipe off and throw away germs.
- Promptly disinfect any cuts or scrapes from thorns, since the

soil harbors various infective agents. See your doctor if wounds do not appear to be healing properly.

- Use paper towels to clean work areas when your indoor gardening tasks are finished and to clean up spills when watering plants. This will prevent cross contamination of work areas with soil microorganisms.

For more information on staying healthy, please call toll-free 1(877) GPCLEAN or log on to: www.gphealthsmart.com.

### Tackling home improvement projects

(NAPS) -- Almost any time of year can be a season of renewal for homeowners. And taking a fresh look at your property usually leads to a list of home improvement projects.

Fortunately, thanks to new on-line resources, homeowners have nothing to fear from seasonal home improvement projects. Web sites such as HandymanOnline.com have become popular by offering free, quick and easy ways for homeowners to get all of the help they need from local pre-qualified contractors. By calling or logging on to HandymanOnline, homeowners can find help for nearly 120 projects -- from minor repairs to major remodeling projects.

Here, the experts at Handyman Online

(www.handymanonline.com) list some of the top home improvement projects for nice weather:

- **Chill out.** Service air conditioning units and clean fans, so they're ready when needed. Repair, replace and clean screen doors and windows to let the fresh air in and keep the mosquitoes out.

- **Repair winter wear and tear.** Severe winter weather can take its toll on both house and property, so it's a good idea to inspect for damage before the cold weather returns. Survey the foundation for any cracks or deterioration. Check fences and replace boards that have rotted, or repair those that are leaning. Pay attention to the landscape -- are there cracked or broken tree limbs that need to be removed? And make sure the sprinkler system is in good working order.

- **Don't be a drip.** Check the roof for leaks and loose boards or shingles. Remove moss and fungus. If needed, repair or replace problem roofs. Clean gutters and make sure debris isn't blocking or clogging downspouts. On windows, replace caulk, add weather stripping and consider installing storm windows and doors that

can add greatly to a home's energy efficiency are now widely available.

- **Have some fun.** Wouldn't a new deck be great? How about installing that pool the kids have been wanting? Now's a good time to let a little sunshine in by installing skylights, greenhouses and sunrooms. Get into the spirit of renewal by giving your home a fresh new look.

- **Take a broad stroke approach.** More sunlight spotlights all of those places that need a fresh coat of paint or a little touching up. On the outside, treat and remove mildew or fungus, pressure-wash and paint the exterior of the house, and clean and weatherproof the deck. Inside, consider painting rooms with a bright, fresh color to get into the spirit.

- **Safety sense.** Remember to change the batteries in smoke alarms and carbon monoxide detectors. Check fire extinguishers. Repair uneven or cracked walkways and sidewalks that can be trip hazards.

For more helpful tips and project ideas, visit [www.handymanonline.com](http://www.handymanonline.com) or call 1(800) 772-3220.



The word cacao, beans used to make chocolate, has been misspelled over the years and eventually became known as cocoa beans.

### Balancing down payment and monthly payments

"How much money should I put toward a down payment? It's a question every homebuyer asks.

According to Tom Ward, president of Majestic Mortgage Corp., a Mundelein-based mortgage banker and broker, the answer not only depends on how much money a homebuyer has, but also on individual circumstances such as month-to-month cash flow and larger life goals.

These circumstances can include variables like credit card debt, a car payment, decorating or remodeling needs, and the need to invest for retirement or college.

To understand how a down payment can affect monthly expenses, as well as the big picture, Majestic Mortgage Corp. presented a few scenarios involving homebuyers purchasing a \$200,000 home. The scenarios demonstrate the importance of an in-depth financial analysis when arranging for a mortgage.

In the first scenario, the buyers have \$60,000 available for a down payment. If they use the entire \$60,000 (30 percent of the home's price), and obtain a 30-year mortgage at a 7.25 percent interest rate, their monthly payment (principal and interest) will be \$995.05.

"However, let's assume these buyers have other obligations, too," said Ward. "Let's say they have \$10,000 in credit card debt. Plus, the house they're buying could use new window treatments, and the carpeting needs to be replaced. What would happen if these buyers put \$40,000 down - or 20 percent - instead?"

With the same mortgage terms, their payment will be \$1,091.48 - an additional \$96.43 per month. But, if the interest rate on their credit cards is in line with the national average (15.70 percent according to bankrate.com), then credit card finance charges alone are costing the buyers \$130.83 per month.

"By putting down \$20,000 less, these buyers can use \$10,000 to pay off their credit

cards, actually improving their monthly cash flow by \$34.40. Plus, they can use another \$10,000 to replace the ugly drapery and carpeting. Not bad!" Ward noted.

What if these homebuyers face the same questions, but have just \$40,000 in cash at the outset of planning? How much of that should be put toward a down payment and how much toward eliminating other kinds of debt?

The matter is complicated in this situation because making a down payment of less than 20 percent of the purchase price - less than \$40,000 in this case - requires the borrower to pay private mortgage insurance, PMI, which protects the lender against default, can cost a borrower more than \$100 per month.

However, according to Ward, there is a way to structure the loan so that the borrower can put less money down, avoid PMI charges, and still have cash to pay off credit card debt and decorate the new home. It's called a purchase-money second, often referred to as a "piggyback mortgage."

The buyers will make a down payment of 10 percent (\$20,000), but, instead of taking out one mortgage for 90 percent of the home's value, they will take out two mortgages: a first mortgage for 80 percent and a second mortgage for 10 percent. Since the first mortgage does not exceed 80 percent loan-to-value, no PMI is required. The only additional cost is a slightly higher interest rate on the second mortgage.

With a straight 90 percent loan, the monthly payment would have been \$1,305. With the piggyback option, the monthly payment is \$1,256. The purchase-money second improves monthly cash flow by \$49, and the homebuyers, who started with \$40,000 in cash, have \$20,000 left over to eliminate credit card debt and redecorate.

"Even minimum-down buyers have cash flow considerations," said Ward. Should buyers with \$10,000 put 5 percent down for

their \$200,000 home, or should they take out an FHA loan and put just 3 percent down, leaving a cash cushion in the bank?

The FHA option reveals a surprising result, thanks to mortgage insurance rates, Ward explained.

"Government-backed, FHA mortgages require mortgage insurance just like private mortgages require PMI. However, the mortgage insurance rate on an FHA loan is only about two-thirds the rate of PMI. So, in this

situation, the homebuyers can actually have a lower monthly payment by putting less money down," he said.

With 5 percent (\$10,000) down on the \$200,000 home, the monthly principal and interest is \$1,419.65. With 3 percent (\$6,000) down and an FHA loan, the monthly payment is \$1,404.25. And the homebuyers still have \$4,000 in cash left over.

"These examples prove that analyzing down payment options

is just as important as analyzing monthly payment options," Ward noted. "With regard to the down payment, homebuyers are looking at assets and liabilities, and determining how to balance the two in order to accomplish objectives that go beyond purchasing a home."

"In fact, an in-depth mortgage consultation that emphasizes cash flow can be a core part of life planning that benefits a homebuyer years after the closing."

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## So you want to retire someday

(NAPSI) -- Someday you'll want to take time for yourself to relax and enjoy life. It's never too early to start laying the ground work for your retirement. The choices you make can have a profound effect on you later. Investments made now can have the potential to grow into a significant nest egg in the years ahead.

How exactly do you start saving for your future? Start with the basics. First, eliminate your debt. Pay off your credit cards and loans as soon as you possibly can. The interest that builds on the debt can be crippling. Next, you should consider dedicating as much of your paycheck to your 401(k) plan as possible. This plan allows your earnings to grow tax deferred until you withdraw them at retirement. Because you don't have to pay immediate taxes on your earnings, your money will accumulate considerably faster than if it were taxed every year.

If you have money left over for savings after storing away funds in your 401(k), consider funding an IRA account, and contribute something to it every month. You can put up to \$2,000 annually in

this type of account, and the money will grow tax deferred until you take it out for retirement. Also, based on your age and your appetite for risk, you'll want to choose a mix of investments that is suitable for you. When investing, it's always wise to consult with a professional financial advisor.

Lastly, consider purchasing a life insurance policy while you are young, since premium rates are more favorable then. Owning a policy will give you the comfort of knowing that your loved ones will have help with their bills, even when you die. In case you can't be there to financially support your family, life insurance proceeds can be used to help pay off mortgages, fund college education, and/or guarantee that your spouse won't have to risk suffering a severe drop in standard of living. Your life insurance policy can accumulate cash value to help provide a secure retirement for you, or can help you accumulate funds on a tax-advantaged basis to supplement your other retirement income. The decision to purchase insurance reflects a lov-

ing commitment to your family and the recognition of a need to meet other financial responsibilities.

By making smart decisions today, you can help to lock in the retirement lifestyle and security you want tomorrow, helping to assure that your retirement years are in fact your golden years -- safe, secure, free of financial worry.



The bicycle was invented by Scottish blacksmith Kirkpatrick Macmillan in 1839. The front wheel is much larger than the rear, and both have steel rims, which gave the early models the nickname "boneshakers."

## Dairy and Stroke

Eating more Milk Group foods may help reduce the risk of stroke according to a new research review recently published in the *Journal of Nutrition*. Each year, more than half a million Americans have a stroke, which can result in permanent brain damage or even death.

The research review analyzed 30 studies to examine the link between the nutrients in Milk Group foods -- particularly, calcium, magnesium and potassium -- and the reduced risk of stroke.

"There's strong evidence that the nutrients in Milk Group foods can play a significant role in helping millions of Americans who are at risk for stroke. This is especially important for African Americans who are at an increased risk for high blood pressure, the strongest risk factor for stroke, and have a 35 percent greater risk of dying from a stroke," said author, Linda K. Massey, PhD, professor of food science and human nutrition, Washington State University Spokane.

Massey concludes that milk's mineral mix may help reduce or prevent high blood pressure, clotting of the blood and hardening of the arteries, all of which the American Heart Association considers key factors for stroke risk.

"What's compelling about this research is that Americans may be able to reduce their risk for stroke and take charge of their heart health by simply incorporating 3-a-day of dairy into their diets," said Molly Pelzer, registered dietitian and National Dairy Council ambassador. "In addition, by eating more dairy products, you may also be reducing your risk of osteoporosis, certain cancers and even obesity."

Editor's note: the FDA recently approved linking foods that are good sources of potassium such as milk to potentially reducing the risk of high blood pressure and stroke.

For a free brochure about the Dietary Approaches to Stop Hypertension (DASH) eating plan, an eating plan that may help reduce high blood pressure, or for tips on ways to increase dairy in the diet, visit [www.whymilk.com](http://www.whymilk.com) for additional dairy research, visit [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org).



## FULL/PART TIME

## FULL/PART TIME

## FULL/PART TIME

## FULL/PART TIME

## FULL/PART TIME

## ADVERTISING

## SELL CLASSIFIED ADVERTISING

Full-Time - Monday Thru Friday - 9 AM-5 PM  
Salary Plus Commission-Based On Experience!  
Both Inside & Outside Sales

Call Beverly: (847) 588-1900

Or Fax Resume: (847) 588-1648

BUGLE NEWSPAPERS-NILES

## BAKERY



## Northbrook Location

Excellent Opportunity

Assistant Production/  
Cake Decorating Manager

Responsibilities include: Full cake decorating ability; scratch baking knowledge on traditional and seasonal products; product distribution; exceptional communication skills; and computer skills.

## EXTRAORDINARY BENEFITS!!!

For information call:

Bob Bugiel (847) 714-0140

Or fax resume to: (847) 714-0142

\*\*\*\*\*  
THE BUGLE  
CLASSIFIEDS

are worth more  
than just a quick glance.

Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish.

When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them!

Buying or selling, the first place to look is in...The Bugle Classifieds!

Call us today for details.

Beverly (847) 588-1900

We're always available for your convenience

\*\*\*\*\*

BANKING  
OPPORTUNITIESFull Time/Part Time  
UNIVERSAL TELLER

We have a position available in our teller operation area. The position requires excellent communication and customer service skills. Cash handling preferred, but will train qualified candidate.

We offer full time employees a full package of benefits, including Profit Sharing.

Applications are accepted Monday-Friday from 9:00 a.m. to 12:00 p.m.

Bank of  
Lincolnwood  
4433 W. Touhy Avenue  
Lincolnwood, IL 60712  
M/F/V/D EOE/AA

BANKING  
OPPORTUNITIES

## LEASE LOAN CLERK

Highly motivated, self-starter wanted in our Lease Loan Department to perform clerical duties. Banking background a plus, but not necessary. Computer skills required. Must be knowledgeable in Microsoft Word and Excel.

We offer full time employees a full package of benefits, including Profit Sharing.

Applications are accepted Monday-Friday from 9:00 a.m. to 12:00 p.m.

Bank of  
Lincolnwood  
4433 W. Touhy Avenue  
Lincolnwood, IL 60712  
M/F/V/D EOE/AA

CLERICAL/OFFICE  
OPPORTUNITIES

**Clerical/General Office**  
Good aptitude for numbers, computer skills, bookkeeping background A+. Fax Resume To: M.S. Hurvitz 847-965-0919 For Interview

## COLLECTIONS

**COLLECTIONS**  
Immediate openings for individuals with collection experience. Must possess good communication and computer skills. Attractive salary and commissions paid on ALL collections. Accessible N.W. Suburban Location.

Call (847) 227-2153  
Or Fax Resume: (847) 227-2151  
Medical Recovery Specialists

## COMPUTERS

Process medical claims from home! Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission.  
**1-877-FTC-HELP**  
A message from The Bugle and the FTC.

DON'T GET STUCK!  
GET HELP.....  
LOOK IN  
THE BUGLE  
CLASSIFIEDS

Just check the Business Service section of The Bugle's Classified Ads and let the pros do the job! You'll find competitive skills and rates that'll give you a great selection. Whether you need a job done or are offering your services, read and use our Classifieds for an informative, inexpensive handle on your area's marketplace for life's everyday needs and wants.

THE BUGLE'S  
BUSINESS SERVICE  
DIRECTORY  
FOR ALL YOUR HOUSEHOLD  
NEEDS AND SERVICES

## Notice

Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-720-6460.

## CLERICAL/OFFICE OPPORTUNITIES

FAMILY FITNESS CENTER  
Member Services Assistant

The Village of Niles Family Fitness Center is seeking a part time Member Services Assistant to work Monday through Friday, 3:00-6:00 p.m. Good written and verbal communication skills, telephone etiquette and interpersonal skills are necessary. Starting Salary \$8.28 per hour.

Applications available at:

Fitness Center, Village of Niles  
987 Civic Center Drive, Niles, IL 60714

For more information call Linda Pietrini at:

847-588-8404

EOE, M/F

## FULL/PART TIME

## FULL/PART TIME

## FULL/PART TIME

## FULL/PART TIME

## FULL/PART TIME

## CUSTOMER SERVICE

## Customer Service/Order Entry

Rauland-Borg Corporation, located in Skokie, seeks an experienced customer service representative to enter distributor orders into MAPICS software system and resolve customer issues via telephone. Requirements: previous data entry experience, excellent communication/telephone skills, attention to quality and detail. Provide references. Excellent benefits.

Fax resume or request for application to:

Human Resources

Attn: CSR @:

847-679-0793

## ICELAND OFFICE CASHIER

Niles Park District Iceland Arena is seeking a customer-service oriented person to join our team. Responsibilities include front desk registration and answering phones. Flexible afternoon and evening hours available from 1:00-8:00 p.m.

See David Santee At The Iceland Arena  
8435 W. Ballard Road, to fill out an application  
Questions call 847-297-8010

CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.



GET YOUR JOB  
SEARCH ON THE  
RIGHT TRACK

Stop the revolving door!  
Start on the right track  
by placing your Full or  
Part-time position in the  
Bugle Classified. Our  
classified ads reach  
more people per week  
for the least amount of  
dollars.

See how your money can work for you, with 2 insertions + CEB + Internet per week covering the near north suburbs and the north side of Chicago the Bugle classified can lead the foot steps right to your door.

Call and ask for Beverly in our classified department.  
We're always available for your convenience  
(847) 588-1900

## DRIVERS

TRAINED & TRUCKING  
IN 14-16 DAYS!!

NO Up Front Money!  
NO Cost Tuition If Qual.  
Lifetime Job Placement!  
36K-45K 1st Yr. Potential!  
CALL NOW  
1-877-83TRAIN

## EDUCATION

PART-TIME TEACHING  
POSITIONS AVAILABLE

(Day, Evening, Saturday)  
Wright College, one of the City Colleges of Chicago, is seeking adjunct faculty for classes beginning September 4, 2001. Disciplines include English (English Composition, ESL, and Reading); Environmental Biology; and Environmental Geology. Master's Degree required. Teaching experience preferred. Fax resume to:

773-481-8185

Or mail to:

Human Resources Dept.  
Wright College  
4300 N. Narragansett Ave.  
Chicago, IL 60634  
Equal Opportunity Employer

Teacher Assistant  
Vacancies

5 Teacher assistants to serve in special education classrooms and to children as 1-1 aides during the 2001-02 school year. Send letter of application and resume to:  
Dr. Kenneth Randle  
Executive Director  
Niles Township  
Department of Special Education  
8701 N. Menard Ave.  
Morton Grove, IL 60053  
847-965-9040 Phone  
847-965-0003 Fax

## CORRECTIONS

Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.

## EDUCATION

Oakton Community College/ALL (Alliance for Lifelong Learning) has openings for part-time instructors with experience teaching ESL and Family Literacy to adults. A Master's degree in these areas and 3 years of adult teaching experience are preferred. If you are innovative, enthusiastic and enjoy teaching adults, call:  
(847) 635-1426  
To arrange an interview.  
EOE m/f

## GENERAL OFFICE

**GENERAL OFFICE**  
Full time. Lincolnwood. Answering phones, customer service and order taking. Must type accurately, word processing and data entry! RE license a plus!  
RE Institute 847-329-1650

## LIBRARY

Technical Services  
Serials Clerk

Part-time (30 hr/wk. Monday-Friday, 8:30-2:30 P.M.). Salary: \$8.35/hour. Position involving the responsibility for the check-in of periodicals and standing orders; maintaining inventory of serial holdings; processing and distribution of periodicals; and input of data into the CCS database. Qualifications: High School diploma and keyboarding skills. Knowledge of serials practices desired. Applications accepted until position is filled. Send resumes/applications to: Mr. Gary Czarniecki, Library Administrator  
Niles Public Library District  
6960 Oakton Street, Niles, IL 60714

All Classified Help Wanted  
Ads Can Now Be Found  
On The Internet!  
www.Chicagometrojobs.com

Your credit is good with us.  
We accept Visa and Master  
Card! Call: 847-588-1900

## MEDICAL / HEALTHCARE

## • REUSE TECHNICIAN

## FULL TIME - NILES LOCATION

## Dialysis Clinic Has Openings In Niles

Responsibilities include: The cleaning, preparation & maintenance of Dialyzers using computerized equipment and the ordering and stocking of supplies. Previous employment in a medical environment preferred. Interested candidates should call:

Neomedica, Inc. - Human Resources Dept.

(312) 654-2790

EOE/M/F

## HOME MANAGER

Experienced individual needed to oversee medical needs and manage daily operations of group homes for adults with developmental disabilities. Organization, multitasking, good communication skills and commitment to person-centered services required. High School diploma, personal vehicle + 1 + years experience required. \$11.41/Hour + Benefits. Resume To:

ORCHARD VILLAGE - HR  
7670 Marmora - Skokie, IL 60077  
Fax: (847) 965-1050  
EEO

BUGLE CLASSIFIED ADS  
GET RESULTS

DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR! **THE BUGLE CLASSIFIEDS** DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR!

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME

MEDICAL / HEALTHCARE MEDICAL/HEALTHCARE MEDICAL / HEALTHCARE

**DIALYSIS TECHNICIANS**  
Dialysis Clinic In Niles Has Openings At:  
• 7332 N. Milwaukee Ave. Niles  
• Evanston  
Full-Time. Position requires a minimum of 6 months medical experience. We provide a 2 week training class in dialysis & an excellent benefit package. Qualified candidates should contact Human Resources Dept:  
**Fresenius Medical Care/Neomedica, Inc.**  
**(312) 654-2790**  
A Drug Free Work Place/ EOE/M/F

**ACTIVITY AIDES**  
Full-Time Positions Available  
Immediate Openings For Creative, Enthusiastic Person To Provide Daily Activities For The Elderly. Good Documentation Skills Preferred.  
Call Brenda: **(847) 966-9190**  
**Glenbridge Nursing & Rehab**  
8333 W. Golf Road - Niles 60714


**ACTIVITY ASSISTANT**  
Part-Time & Full-Time  
Energetic, creative individual with experience in working with geriatric residents. Background in music and recreational therapy a plus. Convenient to public & private transportation. Excellent salary and benefits, including 401K. Send or fax resume to:  
Olivia Carey  
Forest Villa  
6840 West Touhy  
Niles, IL 60714  
Fax: 847-647-1539

**HEALTH CARE/HOME**  
\$ Signing On Bonus \$  
CNA's and Companions  
Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park  
Call for an appointment Monday-Friday  
Ask for Mary or Linda  
**Gentle Home Services, Inc.**  
847-432-9100

Your credit is good with us. We accept Visa and Master

**HIS**  
HEALTHCARE INFORMATION SERVICES, L.L.C.  
Come join our team of Healthcare Reimbursement Specialists. HIS (Healthcare Information Services, L.L.C.) a northwest suburban established physician billing service is interviewing for the following positions:  
• Data entry, pre-registration and insurance benefits verification, full time, minimum 1 year of experience.  
• Electronic submissions of medical claims, working knowledge of medical billing software and CPT codes. Proficient in workers comp, managed care, medicare and Medicaid billing, strong organizational skills a must.  
Excellent benefits package.  
Please Fax Resume To:  
**847-294-1310**

Your credit is good with us. We accept Visa and Master

**Your donated vehicle can help change a Life!**  
  
Since 1965, Rawhide Boys Ranch has been helping young men from communities like yours. Your donated car, truck, boat, camper, or real estate can help even more young men. Donors may receive a full tax benefit.  
**RAWHIDE**  
Call Today or visit us at [www.rawhide.org](http://www.rawhide.org)  
**1-800-RAWHIDE**

**NURSES**  
RN's AND LPN's For Home Health  
Full-Time / Part-Time - All Shifts  
Flexible Scheduling  
Benefits For Full-Time  
**AMERICAN HOME HEALTH**  
**1-800-872-4427**

Earn \$\$\$ helping MDs! Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams.  
**1-877-FTC-HELP**  
A message from The Bugle and the FTC.  
All Classified Help Wanted Ads Can Now Be Found On The Internet!  
[www.Chicagometrojobs.com](http://www.Chicagometrojobs.com)

PROFESSIONAL OPPORTUNITY

**HOME MANAGER**  
Experienced individual needed to oversee medical needs and manage daily operations of group homes for adults with developmental disabilities. Organization, multitasking, good communication skills and commitment to person-centered services required. High School diploma, personal vehicle + 1 + years experience required. \$11.41/Hour + Benefits. Resume To:  
**ORCHARD VILLAGE - HR**  
7670 Marmora - Skokie, IL 60077  
Fax: **(847) 965-1050**  
EOE

**REAL ESTATE**  
**GENERAL OFFICE**  
Full time, Lincolnwood. Answering phones, customer service and order taking. Must type accurately, word processing and data entry! RE license a plus!  
**RE Institute 847-329-1650**  
**Read the Bugle**  
For subscriptions call  
**(847) 588-1900**  
The newspapers that deliver.

**TIRED OF THE USUAL DATA ENTRY POSITIONS?**  
Put Your 10 Key Skills To Work With  
**RGIS Inventory Specialists**  
Earn \$8 Per Hour Counting Inventory In Retail Stores  
Interesting Challenging Position  
Must Have Access To Reliable Transportation  
We Train The Right Candidates  
**(847) 296-3031**  
Equal Opportunity Employer

DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR! **THE BUGLE CLASSIFIEDS** DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR!

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME

RETAIL SALES TELEMARKETING TRADES

**RETAIL**  
**SALES PROFESSIONAL**  
J.C. Licht Co. one of the mid-west leading home decorating retailers has full and part-time positions available at our Morton Grove location. Candidate must have excellent customer service skills and prior experience in the paint and/or wallcovering industry a plus but we will train. Great benefit package includes Health, Dental and 401K.  
Apply at:  
**5945 W. Dempster**  
**Morton Grove**  
Or Call Dan At:  
**(847) 583-0400**  
EOE

**SALES**  
**ADVERTISING DISPLAY SALES**  
Part-Time Hours - Full Time Earnings  
Salary Plus Commission!  
Prefer Outside Sales Experience With High-Energy  
Call Sally At:  
**(847) 588-1900**  
**SOCIAL SERVICE**

**TELEMARKETING**  
**TELEMARKETING**  
No Cold Calling! Part-Time - Niles  
Salary Plus Commission  
Must Have Some Experience  
Tuesday-Thursday & Friday - 9 AM-5 PM  
Please Call Beverly At:  
**(847) 588-1900**  
**Telemarketing/Appointment Setting**  
Telerecruiter  
Part Time evenings Monday-Thursday 5-9, 1 weekend day Saturday 9-3 or Sunday 10-4. Telephone prospective donors to recruit and schedule appointments. High school diploma required, sales, telemarketing or customer service experience helpful. Must demonstrate professional telephone etiquette with good communication skills and be comfortable using computer keyboard and mouse. Please fax resume to Christine Krask at: 847-803-7870 Or E-mail: [ckrask@itxm.org](mailto:ckrask@itxm.org)  
**Lifesource Blood Services**  
1205 N. Milwaukee Avenue, Glenview, IL 60025  
EOE

**TRADES**  
**WORK FROM ANY LOCATION!**  
Put Your Computer To Work!  
\$1,500 - \$4,500 / Month  
Part-Time/Full-Time  
\*Free Information:  
**(262) 812-5485**  
[www.freedomforevr.com](http://www.freedomforevr.com)

Laid off? Work from home. Be your own Boss! First, call the Federal Trade Commission to find out how to spot work-at-home schemes.  
**1-877-FTC-HELP**  
A message from The Bugle and the FTC.

**CASHIER**  
Immediate openings for responsible dependable people full-time, part-time, \$8-\$12 hour. Overnight stocking positions also available.  
Sam's Club Vernon Hills  
335 N. Milwaukee Ave.  
847-955-9260

**EARNING WHAT YOU'RE WORTH?**  
Earn \$1,200 - \$6,800 month  
Part/Full Time  
Working From Home! Free information  
866-808-0184  
[www.work2success.com](http://www.work2success.com)

Looking for a Federal or Postal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free:  
**1-877-FTC-HELP**  
Or visit: [www.ftc.gov](http://www.ftc.gov)  
A message from The Bugle and the FTC.

**RETAIL/OPTICAL**  
• **OPTICIAN**  
Part-Time / Full-Time  
Dispensing Optician For J.C. Penney Optical / Golf Mill in Niles  
Some Experience Helpful But Will Train Right Person  
Excellent Benefits!  
**(847) 299-1366**  
All Classified Help Wanted Ads Can Now Be Found On The Internet!  
[www.Chicagometrojobs.com](http://www.Chicagometrojobs.com)

**SOCIAL SERVICE ASSISTANT**  
Full-Time North Suburban Nursing Center Looking For, Experience Preferred, Social Service Assistant. Documenting, Writing Skills A Must. Please Fax Or Mail Resume:  
**Lisa Orzada**  
Forest Villa  
Nursing Center  
6840 W. Touhy Ave.  
Niles, IL 60714  
Fax # **(847) 647-1539**

**SELL CLASSIFIED ADVERTISING**  
Full-Time - Monday Thru Friday - 9 AM-5 PM  
Salary Plus Commission-Based On Experience!  
Both Inside & Outside Sales  
Call Beverly: **(847) 588-1900**  
Or Fax Resume: **(847) 588-1648**  
**BUGLE NEWSPAPERS-NILES**

**TELEPHONE**  
**TELEPHONE WORK FROM HOME**  
Scheduling Pick-ups Of Discarded Items For A Major Charity  
No Selling-Flexible Hours  
Paid Weekly  
Pleasant Personality  
Reliability A Must!  
Please Call:  
**(630) 588-0025**  
**BUGLE NEWSPAPERS CLASSIFIED ADVERTISING OFFICE HOURS**  
and  
**DEADLINES**  
Our offices are located at 7400 Waukegan Road, Niles and we are open weekdays only, 9am-5pm. You may stop in or call (847) 588-1900 to place your ads. Our deadline for all insertions for our Thursday editions is Tuesday prior to publication at 2 pm. Call your representative for other specific information.

TRADES

**CONTRACTORS NEEDED**  
FedEx Ground, a leader in the transportation industry, is currently looking for Independent Contractors to join our winning team. As a contractor, you will own or lease a 26 foot step van with the ability to earn what you're worth. This position is performance based, so the more deliveries and pick-ups you do the more you make. As if that was not enough - NO WEEKENDS. To qualify you must be 21 or older, have a class "C" license or greater, and have one year commercial driving experience. Apply in person:  
**FedEx Ground**  
**2945 Shermer Rd., Northbrook, IL**

**NOW HIRING:**  
Companies desperately need employees to assemble products at home. No selling, any hours. \$500 weekly potential.  
Info: **1-985-646-1700**  
Dept. IL-3979

**OUR CLASSIFIED ADS**  
•REACH MORE PEOPLE PER WEEK•  
•FOR THE LEAST AMOUNT OF DOLLARS!•  
See how your money can work for you!  
\*2 Insertions Per Week  
\*2 Deadlines Per Week  
Specials Designed With Your Needs in Mind  
Call us today for details.  
Beverly (847) 588-1900  
We're always available for your convenience

**Notice**  
Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-783-8480.

Be your own Boss! Process medical claims from home on your computer. Call the Federal Trade Commission to find out how to spot medical billing scams.  
**1-877-FTC-HELP**  
A message from The Bugle and the FTC.

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## THE BUGLE CLASSIFIEDS

MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
<b>REAL ESTATE</b>	<b>HOUSE FOR RENT</b>	<b>HOMES FOR SALE</b>	<b>FURNITURE FOR SALE</b>	<b>PERSONALS</b>
<b>APT. FOR RENT</b>	NILES - 8304 N. Oconto 2 bd, 1 bth, C/A, no pets \$1300/mo + utilities 773-631-0670	 <b>MORTON GROVE \$339,000</b> Original owner pampered this fantastic 3 br Mortonsville Biveland. New state of the art kitchen, new roof, new windows, newer heat & ac, new carpet. Too much to list! Attached garage and landscaped like no other...pristine!! RE/MAX Regency Mike Dybas 847-455-2425	<b>Large Dining Room Set</b> China Cabinet & Hutch 6 Chairs - Jade Green Color (847) 965-8524	<b>A Prayer</b> <b>St. Jude's Novena</b> May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. V.S.
Edgemoor - 1-bd garden - newly decorated. All new appl., laundry avail., non smoking bldg., & no pets. AVAIL NOW. Ref. required. \$750/mo. - 773-774-3839	<b>HOMES FOR SALE</b>		<b>GARAGE SALES</b>	
<b>CONDO FOR SALE</b>	Niles - 3 Bedroom, 2.5 Baths, Full Finished Basement, Large Lot, Low Taxes, Excellent Schools, Must See! \$319,000 - 847-966-2487		Niles, 8253 Merrill. 9/7 - 3pm-6pm. 9/8 & 9 - 9am-4pm. Tools, furn., exer. equip., scuba gear, horse tack & more!	
Niles-Renaissance, by owner 3 bd, 2-1/2 bth, hrdwd flrs. \$339,000 Open House Sun. Sept. 2nd, 1-5. 847-588-1828	Niles - Immaculate 3 bd, 2 bth, Ranch home, lg. corner lot. Full fin. bsmt. 1-888-263-6936	<b>ADOPTION</b>	Niles - 8128 N. Caldwell (North of Oakton) Sept. 7-8-9, 10AM-5PM Lots of everything - Tools, Furniture & more!	
	Your credit is good with us. We accept Visa and MasterCard! Call: 847-588-1900	<b>ADOPTION IS LOVE</b> Dear birthmother, Imagine knowing your precious baby is safe and happy in a loving family, living the life you dream of for them. Your baby will be cherished, adored and given endless opportunity. We promise you that and more. Nurturing full-time mom, active lawyer dad, beautiful home and loving playmates await your child. Medical, legal, counseling, court approved living expenses paid. Confidential. Please call our attorney at: (708) 922-4795	Niles - 8415 Clifton. 9/8 - 9/3 Multi-Family. Bar stools, records & Something for everybody!	
		<b>AIR CONDITIONER FOR SALE</b>	Niles - 7744 N. Neva. 9/7 & 9/8. 9-4. Something for everyone! Huge 4 Family Sale	
			<b>LOST DOG</b>	
			<b>Black Lab - 2 years old.</b> Male. Silver choke chain collar. Lost vicinity Harlem + Devon. 773-763-8031	
			<b>PERSONALS</b>	

## NOW YOU CAN ADVERTISE MORE FOR LESS!

•SELL IT! •BUY IT!  
•ANNOUNCE IT!

**3 Lines - 5 Papers**  
**\$17 Dollars!**

This is a weekly rate -  
Prepaid.  
We accept  
MasterCard or Visa.  
Stop in to:  
Bugle Newspapers,  
7400 Waukegan Rd.,  
Niles  
or call  
(847) 588-1900  
Ask for Beverly

## Come In And Place Your Garage Sale Ad Today!

**Pick Up Your FREE Garage Sale Sign**

Appearing in  
all 5 editions

3 lines \$17.00  
each add'l line \$3.00

### AUTOS FOR SALE

**LOREN BUICK/HYUNDAI**  
1620 Waukegan Road, Glenview  
(847) 729-8900

### FOR SALE

Trailer, 4' x 5' Utility  
W/top. New tires. Asking \$400  
obo - 847-470-1969

### FOUND

**CD CASE - Found in Niles**  
Milwaukee Ave. & Cleveland  
Many CD's in Case  
Call or Fax To Identify:  
(847) 965-8144

## From the Left Hand

Continued from Page 1

working part-time, dragging his heavy oxygen unit downtown during the last months of his life.

He also had a great 49 year marriage with his late wife, Elinor. The last two years of her life she was hospitalized with Alzheimer's Disease and Jack's attentiveness was what you would expect. He brought a family friend to the hospital where she tended to his wife, often giving her manicures and pedicures. In Elinor's late stages she no longer recognized her husband but he brought her apples and candy bars which she desired during her final days.

At the funeral the minister said Jack was a faithful husband, a rarity, who deeply

loved his wife. He added, "He was a man of faith, a gladness of heart and a richly blessed man."

His good friend, Russ Theis, said he'll miss Jack greatly. Jack and Russ were neighbors who were together daily, often sitting in their backyards, lifting a brew, and solving many of the world's problems. Together, they traveled to Switzerland and Canada and went on several cruises.

Jack's son Terry, a Madison, Wisconsin doctor, summed up what Jack was all about. He emphasized his father was his best friend.....and added how much he'll miss him.

### Niles Library

.....continued from page 1

rak was the winner of the 1995 Parents' Choice Gold Medal Award for his recording "Old Songs & New Places." Tickets are required for this program and available at the Library's Information Desk or in the Children's Department. For more information, please call 847/663-6623.

The fun continues when *Mouse* from the popular storybook "If You Give a Mouse a Cookie" by Laura Numeroff stops by for a visit between 3-5 p.m. in the Children's Department. Meet this delightful storybook character and have your face painted by one of our librarians! Plenty of snacks and refreshments will be available throughout the afternoon. For more information, please call the Library at 847/663-1234. Plan to attend this enjoyable and entertaining annual family event!

**The Art of Meditation.** Are you looking for a new way to relax and regain power and control of your life? Plan to attend *The Art of Meditation* on Tuesday, September 11 at 7 p.m. at the Niles Public Library District. During this introductory workshop, educator Marita McLaughlin will explain the benefits of this peaceful practice as well as guide participants through several exercises. Discover how meditation can help you decrease daily stresses, improve your health, increase concentration and provide inner peace. Registration is required. Please register at the Library Information Desk or call 847/663-1234.

**Lance Brown's Vintage Humor and Music.** Come to the Niles Public Library District for a satirical journey through time during *Lance Brown's Vintage Humor and Music* on Wednesday, September 12 at 2 p.m. Sharing his love of music and humor, Brown will take you on a trip down memory lane with a collection of stories, jokes, lies, exaggerations and vintage music that were popular in the 20s, 30s and

40s. Brown is well known throughout the country for his nationally acclaimed "Tribute to Will Rogers." Refreshments will be served. Registration is required. Please register at the Library Information Desk or call 847/663-1234.

**Reader Shares Short Stories and More at the Library.** Are you looking for a relaxing way to spend your afternoon? Join us for Short Story Favorites on Thursdays September 13 and 20 at 1 p.m. at the Niles Public Library District. Sharing popular short stories from contemporary authors, short stories reader Natalie Newberger will bring a variety of short fiction to life during these dynamic readings and participatory discussions. Newberger will share William Faulkner's *A Rose for Emily* and Arthur Morrison's *That Brute Simmons* on Thursday, September 13. Registration is required. Please register at the Library Information Desk or call 847/663-1234.

### Attention Girl Scout Leaders

All Girl Scout Leaders from Niles/Morton Grove are reminded that the first Service Unit meeting will be held on Tuesday, Sept. 11. It will be held at the Morton Grove Community Church, 8944 Austin, Morton Grove, beginning at 7 p.m. All Leaders are encouraged to attend. We will be distributing all the Troop Fall Packets. Also all information about Troop registration and fall products sales will be discussed. See you there. If you have any questions please call Julie Elsing at 847-825-6777.

**Read the Bugle**  
For subscriptions call  
(847) 588-1900

### NICOR suit ...

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mission paying interest on a credit balance is required, but interest is not allowed to be charged on a debit balance.

With NICOR's budget plan, "budget billing customers get a 4.78 percent interest rate paid when the customer account is kept in a positive state" (the budget amount is paid on time monthly over the budget plan cycle), explained Whyte. "Where can you get a better savings plan?"

When the customer has a debit balance, and the account is in arrears, a fee is charged that includes the annual credit rate plus three percent (4.78% plus 3% or a total of 7.78%), along with the budget plan fixed monthly amount.

According to Cook County, the suit against NICOR alleges that the interest charge is not cost based.

"NICOR budget billing customers are paying twice for costs the company claims to be associated with allowing customers to have a debit balance. Budget customers through NICOR's service rates are already paying these costs," states the press release.

Cook County further alleges that the interest charge is discriminatory because there is no reason for budget customers to pay it.

"Moreover, NICOR's imposition of an additional three percent interest charge serves no function other than to charge extra to those can't afford the increase in gas prices in the first place."

### LEGAL NOTICE

THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on WEDNESDAY, SEPTEMBER 19, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following cases:

#### CASE 1354

Requesting a variation from Section 6.2.7.1 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to allow construction of a front porch:

Front Yard		
Required	-	25.00 feet
Requested	-	21.00 feet
Variation Necessary	-	4.00 feet

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 8932 Austin Avenue, Morton Grove, Illinois. The petitioners are Ronald and Patti Glad.

#### CASE 1355

Requesting a variation from Section 6.2.6.1 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to allow construction of a second floor addition:

Lot Width		
Required	-	25.00 feet
Requested	-	21.00 feet
Variation Necessary	-	4.00 feet (after the fact)

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 9113 McVicker Avenue, Morton Grove, Illinois. The petitioner is Nicko Pendavini.

All interested parties are invited to attend and be heard.

Steven I. Blonz  
Chairman

# HIGHLAND HOME IMPROVEMENTS

## (773) 283-5700

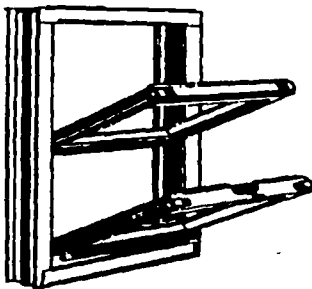
**SHOWROOM: 4962 N. Milwaukee Avenue, Chicago, Illinois 60630**



## SIZZLING SUMMER SALE

### WINDOWS

- Replacement Windows
- Thermal Panes
- Tilt-To Clean



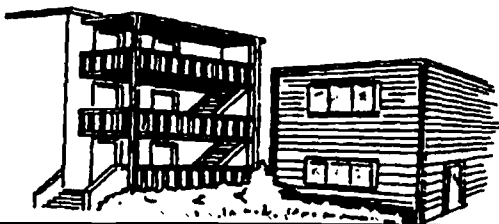
### SIDING

- Soffit
- Fascia
- Gutters
- Trim



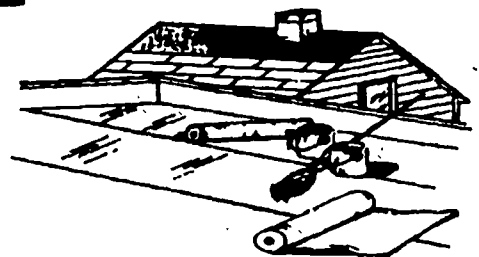
### PORCHES & DECKS

- Porches Rebuilt and Enclosed



### ROOFING

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### KITCHENS & BATHS



### ADDITIONS, DORMERS & REC ROOMS



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